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ABSTRACT

This guide suggests teaching topics, activities, and resources for rural home economics teachers in Alaska. It is divided into seven chapters. Six are devoted to each of the main teaching areas in consumer and homemaking education: personal/family relationships, foods/nutrition, housing/home management, consumer education/resource management, child development/parenting, and clothing/textiles. The last chapter includes a variety of resources, especially some unique to Alaska. Each of the first six chapters is further divided into these sections: Teaching Topics (in outline form with major and subconcepts), Teaching Activities (brief descriptions), and Teaching Resources. The resources are grouped according to each of the major concepts. If available and/or necessary, a brief description of the resource, as well as the price, is provided. Sources are given for ordering the materials; addresses are found in the Resources chapter. Chapters on foods/nutrition and clothing/textiles also include a number of miscellaneous helps. The Resources chapter is divided into three sections: Student Texts/Reference Books (by area), Addresses (for ordering instructional materials), and Miscellaneous, which contains information about Alaskan resources, including the Rural Student Vocational Program, Alaska Knowledge Base, and Vocational Education Curriculum Resource Center. (YLB)

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HOME ECONOMICS
in
RURAL ALASKA

a teacher's resource

Prepared for the
Alaska State Department of Education

U.S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
NATIONAL INSTITUTE OF EDUCATION

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By

Marty Jordan Bomotti

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ADDENDUM

address change for Federal Reserve - should be: Federal Reserve, Board of Governors, Washington, D.C. 20551

add second address for Federal Trade Commission - for quantity numbers: FTC, Distribution and Duplication Branch, SSD-H-720, 6th and Pennsylvania N.W., Washington, D.C. 20580

NOTE: pages 44-92 are recipe "cards" and are designed to be two-sided copied and cut out - additional directions for certain recipes are printed on back side of "card"

FOREWORD

Picture yourself in the following scenario...You've just been hired to replace the Home Economics teacher who left at Christmas and never returned. You have fifteen Homemaking students, four out-dated texts, three "sick" sewing machines and enough ingredients in the kitchen cupboards to whip up a half-batch of chocolate chip cookies. Besides Home Economics, you are responsible for two English classes and a typing class with mainstreamed special education students. Your vitae indicates you took a gymnastics class in highschool which qualifies you to coach the school's gymnastics team. You're still waiting for your household goods to arrive from the lower '48, the post office lost your forwarding address card so you won't be getting any mail for at least a month and the principal has just informed you of your assignment on the school/community relations committee.

You feel like quitting but can't. So - what do you do? You take a closer look at this guide. While it can't hasten the arrival of your household goods or help the post office become more efficient, nor can it provide any quick tips for becoming an expert gymnastics coach overnight and it certainly can't do much for you in the way of teaching English, typing or fostering school/community relations - it can help you teach what you were originally hired to teach...Home Economics!!

The guide has been designed as a teacher's resource and as such, there is no one way in which to use it. Each teacher, experienced and inexperienced, will select from it and no doubt improvise on, those areas relevant to her/his own situation and students' needs. It is probably most valuable to the new teacher who has no idea of where to begin, but this is not to say that the "veteran" teacher will not also find value in the guide.

The guide is divided into seven chapters - six are devoted to each of the main teaching areas in Consumer and Homemaking education - Personal/Family Relationships, Foods/Nutrition, Housing/Home Management, Consumer Education/Resource Management, Child Development/Parenting and Clothing/Textiles. The last chapter includes a variety of resources, especially some unique to Alaska.

Each of the six Consumer and Homemaking chapters is further divided into three sections - Teaching Topics, Teaching Activities and Teaching Resources:

> Teaching Topics. An outline form has been used with major concepts underlined and subconcepts numbered. An attempt was made to select only those topics most relevant to the needs of rural Alaskan students. The list is by no means inclusive and you are encouraged to select the appropriate topics and add others that may be specific to your situation.

Teaching Activities. Many of the activities were contributed by teachers currently teaching in rural Alaska. Others were gleaned from textbooks, curriculum guides and other instructional resources. You are again encouraged to pick and choose and elaborate on any of the activities you find suitable.

Teaching Resources. These resources are specific to each Consumer and Homemaking teaching area and are separate from the chapter on Resources. The resources have been grouped according to each of the major concepts. If available and/or necessary, a brief description of the resource, as well as price, was included. (?) indicates no price was known at time of publication. While an attempt was made (time and space permitting) to make the list of resources as comprehensive as possible, no preference was given to any one particular resource and it is to your advantage to preview any resource before final purchase. Sources are given for ordering the materials and the addresses for these can be found in the Resources chapter. Blank pages have also been included for your own additions.

In addition to the above sections, both chapters on Foods/Nutrition and Clothing/Textiles include a number of miscellaneous "helps". Examples of some of these are: places to order grocery and sewing supplies, nutritional content of Native foods, cooking and sewing equipment inventories and samples of lab planning and evaluation sheets.

The Resources chapter is divided into three sections - Student Texts/Reference Books (by area), Addresses (for ordering instructional materials) and Miscellaneous which includes information about RSVP, FHA/HERO, the Alaska Vocational Education Curriculum Library and the Alaska Knowledge Base. All these Alaskan resources are extremely valuable to your program and readily accessible. As with other chapters in the guide, you are encouraged to add those resources you are aware of that have not been included.

TABLE OF CONTENTS

FOREWORD.....1

INTRODUCTION.....3

PERSONAL/FAMILY RELATIONSHIPS

Teaching Topics.....5
Teaching Activities.....6
Teaching Resources.....10

FOODS/NUTRITION

Teaching Topics.....18
Teaching Activities.....20
Teaching Resources.....23
Miscellaneous
Grocery Suppliers.....34
Kitchen Equipment.....36
A Year's Shopping List.....38
Foods Lab Work Sheet (sample).....41
Sample Lab Evaluation.....42
Recipes.....44
Food Composition Table (Native foods).....93

HOUSING/HOME MANAGEMENT

Teaching Topics.....103
Teaching Activities.....105
Teaching Resources.....108

CONSUMER EDUCATION/RESOURCE MANAGEMENT

Teaching Topics.....114
Teaching Activities.....115
Teaching Resources.....118

CHILD DEVELOPMENT/PARENTING

Teaching Topics.....125
Teaching Activities.....127
Teaching Resources.....131

CLOTHING/TEXTILES

Teaching Topics.....142
Teaching Activities.....144
Teaching Resources.....147
Miscellaneous
Sewing Suppliers.....153
Mail Order Information.....155
Sewing Equipment.....157
Sample Garment Evaluations.....153
Skin Sewing.....161

INTRODUCTION

Home Economcis Defined[1]

Vocational home economics education prepares males and females for the occupation of homemaking and paid employment in home economics occupations. The occupation of homemaking requires knowledge and skills that are interrelated and necessary for optimum quality of life for individuals and families. Values, management, and interpersonal relationships are major concepts that unify the content of the subject matter areas.

The essential skills of homemaking include 1) providing for personal and family development at the various stages of the life cycle and for establishing satisfying personal and family relationships, 2) caring for and nurturing children, 3) providing nutritious food for self and family members, 4) selecting and maintaining housing and living environments for self and others, 5) providing and caring for personal and family clothing and 6) managing financial and other resources.

Home economics occupations for paid employment utilize the same knowledge and skills. The same concepts and applications basic to preparation for the occupation of homemaking are basic to the home economics occupations classified as paid employment. For example, the same basic principles are taught in foods and nutrition for the homemaker as for the food service worker; the same clothing principles can be used by the homemaker that are used in the apparel industry; the same human development, care, and guidance principles apply in child care services and the care services of the elderly and handicapped as in caring for one's own family.

Why Homemaking Education[2]

The family, or household, is a major institution of society for socializing the young. In addition to its educational and protective function, the family system interacts with the other major institutions of society. If the family system does not function, then other systems such as formal education and the business society will break down. Problems such as malnutrition, child abuse, consumer fraud, teenage pregnancy, energy waste, and environmental pollution, which are among our nation's most intense social concerns, all bear on the family.

The habits and values of persons related to these matters generally are "caught" in the home and family context. But economic, technological, political, and social forces have resulted in changes that have increased the complexity of choice and the burden upon families to make informed choices. The family system must be supported in its role for sustaining our society.

To be fully human, no one can be exempted from interdependence with other persons. Each person needs competencies in interpersonal skills and resource management related to home and

family in order to live a satisfying life regardless of the living style chosen. With women working outside the home in paid employment, sharing of home tasks in the household is an inevitable outcome. Both men and women have been conditioned culturally to perceive homemaking as women's work. However, the competencies and attitutdes necessary for homemaker roles are learned, and these can and should be learned by both men and women. The increasing complexity and changing character of homemaker roles and tasks seem to require that organized opportunities for learning these be enhanced and expanded.

1 Source: A United Front on Vocational Home Economics, Voc Ed Journal, May 1979

2 Source: Ibid

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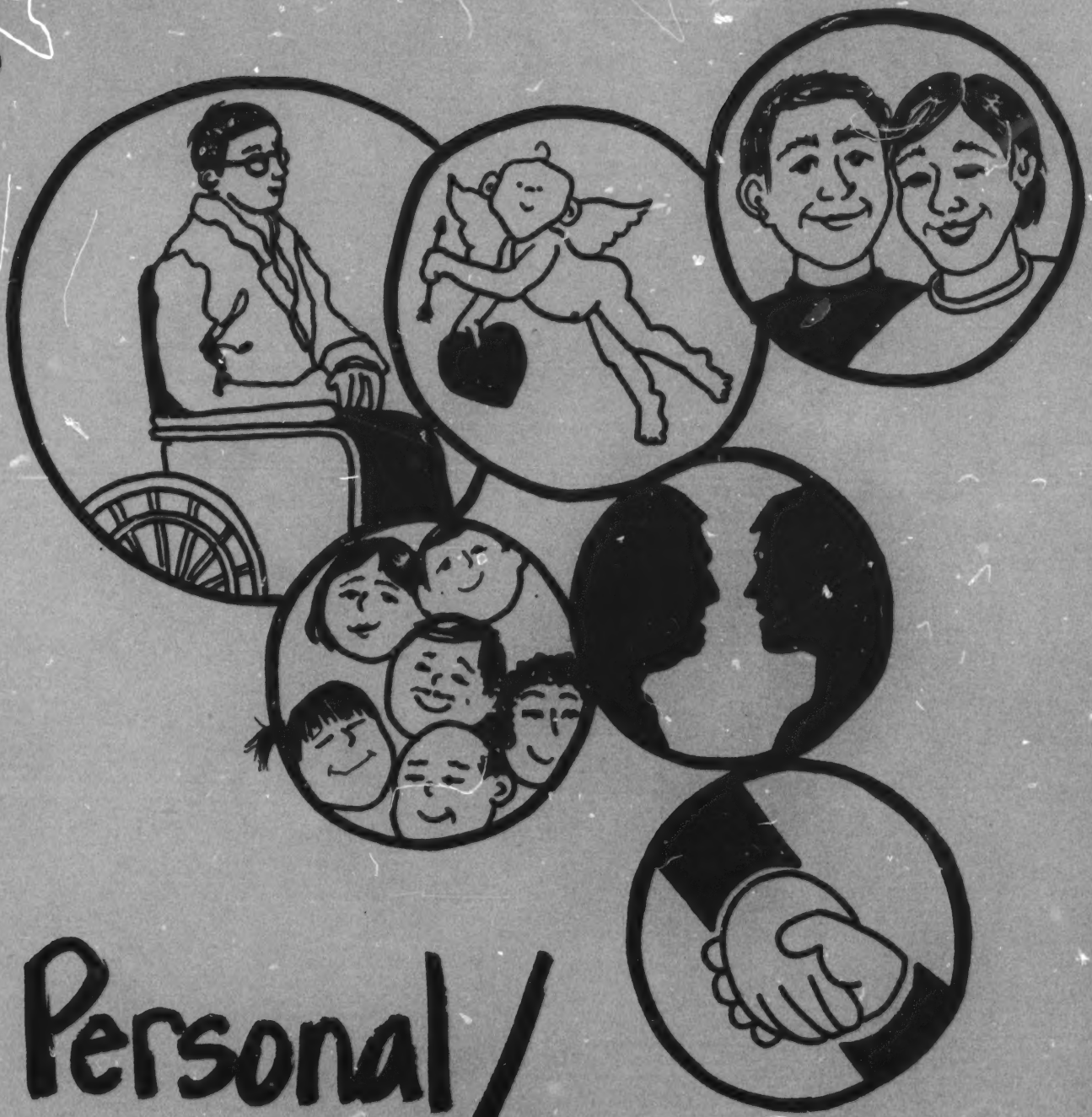
Well - it looks like you have your work cut out for you! Teaching Home Economics in rural Alaska is definitely a challenge but it is an exciting and rewarding challenge. What better goal to teach toward than the enhancement of personal and family life. And what better way to enthuse and motivate your students than by involving them in relevant, interesting and FUN Consumer and Homemaking classes. HAPPY TEACHING!



Personal/ Family Relationships

TEACHING TOPICS

Knowing Oneself

1) Individual wants and needs
2) Personality traits
3) Emotions
4) Interests and abilities
5) Values, goals and decision making
6) Uniqueness of self - building self-esteem
7) Influences on self - family, peers, school, culture

Communicating With Others

1) First impressions
2) Verbal communication
3) Body language
4) Barriers to effective communication
5) Giving and accepting criticism

Relationships With Friends

1) Qualities of good friendships
2) Getting along with peers
3) Stereotypes and prejudices
4) Peer pressures and group conformity (alcohol/drugs/smoking)
5) Making new friends - popularity and rejection
6) Dating and breaking up

Relationships With Families

1) Importance of family life
2) Uniqueness of families
3) Types of family relationships - nuclear, extended, communal
4) Understanding parents
5) Communicating with family members
6) Roles and responsibilities of family members
7) Dealing with conflict in the family
8) Community services to assist families
9) Getting along with brothers and sisters
10) Becoming independent

Relationships In The Future

1) Mating and marriage - customs and practices of culture
2) Setting goals - life, work and leisure
3) Parenthood
4) Later years - retirement, "empty nest", old age, etc.
5) Life crises - death, divorce, role changes, illnesses, etc.

TEACHING ACTIVITIES

Have students...

Make life-size silhouettes of themselves. Draw a symbol that represents themselves. Write twenty statements within outline of silhouette that begins with "I am..." Add pictures from magazines to suggest personality traits, interests, abilities and other attributes.

List four qualities they like about themselves. Explain how they communicate these particular traits to others. Describe several ways for improving the communication of these qualities.

Analyze the lyrics of currently popular songs that have "love" as their theme. Decide if the lyrics present a realistic or idealistic picture of love and personal relationships.

Develop a "We Need You" bulletin board that highlights opportunities for volunteer work with people in the community.

Keep a book in which they record the ways they spend their time for a week. Use categories such as homework, chores, time with family and time with friends. Make a circle graph to illustrate the amount of time spent in each activity. Does the time spent reflect activities that are most important to them? How might they change this?

Write an unrhymed poem beginning each line with "A friend is..." Find pictures to illustrate the poem.

Write words and phrases defining qualities of friendship on index cards. Arrange these in order of their importance. Compare class members' priorities. Which qualities are most important? least important? Post results.

Evaluate ten TV commercials to find out whether they encourage or discourage stereotyped thinking. How much influence do the commercials have on those viewing them?

Describe a time they observed or experienced prejudice. What caused the incident? What could be done to prevent further experiences of the same kind?

Make a list of everything they like to do. Circle activities they enjoy doing alone and check activities they enjoy doing with friends. Use the list to plan some actual activities to pursue alone and with others.

Divide into groups - one all girls and one all boys. Each group is to list "gripes" they have about the other sex regarding dating and personal relationships.

Prepare a book about the family life of class members. Include interviews and surveys on how families make decisions and accomplish goals. Cover family celebrations, leisuretime, etc.

Write a "Parent's Bill of Rights" and a "Children's Bill of Rights". How do the lists compare and contrast?

Evaluate a child's book or television program to see what it suggests males and females should be like.

Investigate the available services for troubled families in the community. Make a poster describing these services. Include how much the services cost, who can qualify for help and who to contact.

Make a lifeline. Include significant events of themselves and their family - birthdays, moves, travel, deaths, etc.

Write a recipe for success: 1 T. friendliness, 1 T. poise, 3 c. loyalty, 2 c. sincerety, etc.

Pretend they are going to the moon for six months. Choose three things - animate or inanimate to take along. Why were those particular things chosen? Share with class. After hearing other class members, would anyone change their choices? Why?

Divide into groups to read a letter about a dating problem. Discuss possible solutions to the problem. Compare with answer given by columnist.

Divide a piece of paper into three columns. Label one friend, date and mate. List the qualities desired in each kind of companion. Compile class members' lists on the board. Discuss the reasons for the similarities and differences in the lists.

List the concerns, responsibilities, problems and worries of their parents. Then list their own. Compare the two lists and discuss.

Brainstorm a list of household tasks that need to be done around the house. Assign these tasks to appropriate family members. Are the chores traditionally divided? Discuss how roles have changed so these jobs are no longer necessarily men's or women's work? How have changes in society influenced changes in ideas about traditional roles?

Plan a home experience project for improving themselves as family members.

Discuss the results of the attitude - "Let George do it!"

Plan a K and C (kindness and consideration) week. Draw a classmate's name from a grab bag. For one week, show this person considerations and acts of kindness. At the end of the week, each student shares the experience and how it made he/she feel in both giving and receiving the kindness and consideration.

Describe how a certain person, experience or event has influenced their values and goals.

Identify short passages from books, plays or songs that illustrate values held by the characters. List the values expressed and try to determine if each value was influenced primarily by the home, friends, school, religion or community. Defend selections.

Collect pictures of families in different stages of the family life cycle.

Divide a sheet of paper in half lengthwise. On one side, list all the things parents do for their children. On the other side, list all the things teenagers do for their parents. Compare the two lists and discuss.

List five things which give them the greatest happiness in their homes. Combine the lists of all the class. Discuss the most frequently mentioned items.

List the ways teens most frequently express their individuality.

Describe individuals they know who seem to have strong self-concepts but are not conceited. List the personality traits of this person. Describe someone who seems to have a weak self-concept. List the personality traits of this person. Compare the personality traits of the two persons (names are kept confidential) and discuss.

List attitudes, biases and prejudices which may be learned in a family. Give examples of how each can be learned.

Sit in a large circle. Each student writes her/his name on the bottom of a piece of paper. Pass papers to the right, one at a time. As each classmate's paper is passed along, students write at least one thing they like about that person. No negative comments are allowed. Fold the paper over so only the name shows when paper is passed on. Continue until each student receives his/her own paper.

Plan a family fun activity which they can organize and manage. This might be a surprise for the family and something which can be enjoyed by all. For example: prepare and serve Sunday breakfast, bake a cake to celebrate a special occasion, etc. After activities are carried out, have each class member share with the class what she/he did, how the family reacted and how each felt about it.

Pretend they have just spent a week visiting with a friend. Write a note of thanks to the friend and her/his family expressing appreciation for their hospitality.

Make a coupon book as a gift for someone in their family. Items that might be included: prepare dinner, provide three evenings free babysitting, clean up the yard, etc.

Divide into small groups giving each group posterboard, tape, glue, scissors, felt pens and old magazines. Create the image of the ideal man or woman as they think the magazines show them. Discuss what the magazines say about masculinity and femininity.

Pretend they can plan their reincarnation. How would they choose to come back? What does this tell about themselves?

Imagine they have just walked into a room full of strangers. Write a description of what people's first impressions of them are. Then describe themselves from the point of view of someone who knows and likes them.

Others...

MAJOR TOPIC	RESOURCE	SOURCE
Knowing Oneself	Values Clarification Kit uses value clarification strategies to stimulate students' thinking. Contents include transparencies, student activity sheets, flash cards, posters, FORUM magazine on value clarification and teacher's guide (Purchase or FREE loan)	JC Penney
	Awareness: Insight into People is designed to improve individuals' understanding of themselves and others. Includes f/s, record, case studies and "Being Aware" game (Purchase or FREE loan)	JC Penney
	Dynamics of Living - Consumer and Homemaking Education - curriculum guide prepared for the Alaska Department of Education.	AK DOE, Juneau
	Interpersonal Skills for Creative Living - paperback text ($4.95)	Butterick
	Basic Concepts in Home Economics - program 1) Relationships helps students identify their personal needs and values; they examine roles of peers and parents and learn the importance of taking on responsibility for themselves. Contains 4 f/s, cassettes, spirit masters, transparencies and teacher's guide ($85.00)	"
	Janus Job Planner leads students through a series of simple, self-scoring inventories that help them assess their work-related interests, values, attitudes and experiences. They are also helped to make job choices, set goals for the future, and prepare a budget. ($2.95)	Janus Book Publishers
	Self Incorporated shows eleven-to-thirteen year olds that they are not alone in the physical, emotional and social changes they are experiencing and helps them understand that there are ways to deal with their problems. Fifteen dramatizations project the viewer into a problem or issue of adolescence as seen from a young person's point of view. Video Kit ($495)	Agency for Instructional TV or AK Film Library
	Interpersonal Life Skills is a multimedia program designed to help students develop the interpersonal skills they need to get along at home, with friends and on the job. Include 14 f/s, cassettes, 12 student workbooks, posters, simulation materials, individual and group exercises and games and teacher's guide ($425.00)	Lakeshore
	Taking Charge of Your Life Involvement Kit outlines a simple, practical and fun method which allows students to build self-confidence and take better charge of their lives. Consists of 101 page worktext plus 21 activity sheets ($12.50)	

MAJOR TOPIC	RESOURCE	SOURCE
Knowing Oneself	Developing Self-Respect shows students how self-respect develops out of self-awareness, self-acceptance and the willingness to take responsibility for one's own behavior. Two f/s and cassettes and teacher's guide($69.00)	Lakeshore
	Me and Others focuses specifically on developing the student's positive self-image. Emphasis throughout is on the acquisition of skills which help students become sensitive to the emotions of others and aware of those same emotions in themselves. Consists of two f/s, cassettes, activity books and teacher's guide ($119.00)	"
	Going Places With Your Personality is a worktext that uses a "what if this happened to you?" approach to help students develop positive interpersonal habits. Ten copies ($17.75)	"
	How Do I See Myself? helps students examine their own self-images and recognize the influences that affect these self-perceptions. Consists of two f/s, cassettes and teacher's guide ($69.00)	"
	Developing as a Person helps students develop strategies for clarifying values and making judgements. 12 color transparencies and 12 related spirit masters ($8.95)	"
	Deciding for Myself: Values Clarification Series helps students to understand the meaning of values and to decide for themselves what their own values should be. Consists of 40 different 8-page activity booklets and teacher's guide ($21.95)	"
	Values Clarification: Practical Strategies Handbook ($6.95)	"
Communicating With Others	Impressions: Who Do You Think I Am? discusses the way others perceive physical cues such as body build, body movements, facial expressions, voice and clothing. One f/s and cassette (Purchase or FREE loan)	JC Penney
	Communication Concepts: The JOHARI Window investigates the relationship between perception of self and communication patterns and its effect on problem-solving. (Free loan or for purchase)	
	The Ungame encourages shy players to open up and verbal players to listen. As students respond to the questions, they learn how to communicate their feelings and increase their awareness of others($9.95)	Lakeshore

MAJOR TOPIC	RESOURCE	SOURCE
Communicating With Others	Can of Squirms (Jr. High and High School) presents real-life situations that students must role play. Students learn to talk about their concerns openly and improve their communication skills while clarifying their own attitudes, values and needs. Consists of 20 situation cards, timer and teacher's guide ($7.95)	Lakeshore
	Do You Really Communicate? - CONCEPTS in FOCUS - multi-media teaching unit which helps students realize the importance of family communication and the genuine effort it requires ($39.00)	Butterick
	What's Your Message? program - The Image of You (people communicate who they are by what they do), Making an Appearance (shows students the importance of making the most of their looks and how to do it), The Message of Manners (shows students how good and bad manners affect the way others feel about us). Four f/s, cassettes, wall charts, spirit masters and teacher's guide($85.00)	"
Relationships With Friends	Adolescence teaches students how to understand and deal with their growing freedom and options, their new identities and their biological, emotional and intellectual changes. Two f/s, cassettes, spirit masters and teacher's guide ($55.00)	"
	Love helps students answer the question "Am I in Love", and distinguishes between infatuation and mature love. Two f/s, cassettes, spirit masters and teacher's guide ($55.00)	"
	Dating helps students to handle the emotions and options of dating. Two f/s, cassettes, spirit masters and teacher's guide ($55.00)	
Relationships With Families	The Family Today - CONCEPTS in FOCUS - multi-media teaching unit ($39.00)	"
	Facing Stress - CONCEPTS in FOCUS - multi-media teaching unit which explores the positive and negative events that trigger family stress ($39.00)	"
	New Roles for Women and Men program: 1) American Woman - New Opportunities helps students explore today's new life opportunities for women and start to think about their own futures and 2) American Man - Tradition and Change helps students understand the kinds of societal pressures and expectations men feel today and see how changes in women's roles have caused men, too, to reevaluate their lives. Two f/s, cassettes, guide($49.00)	"

MAJOR TOPIC	RESOURCE	SOURCE
Relationships With Families	Independent Living Series covers information, skills and attitudes needed in seven key areas of living and also presents the variety of life styles open to young people. Program six: Lifestyles: Options for Living shows students how to set up personal priorities in choosing a career, deciding where to live and how to spend their free time. Four f/s, cassettes, spirit masters and teacher's guide ($85.00)	Butterick
	Adolescent Conflict: Parents vs. Teens evokes student response to a major problem of growing up - conflict between parents and teens. Outlines practical suggestions for defusing potential problems. Two f/s, cassettes and teacher's guide ($79.00)	Career Aids
Relationships in the Future	Beyond High School, What? presents case studies of young adults getting started in their careers and shows how they acquire specific job skills or education after high school. Two f/s, cassettes and teacher's guide ($69.00)	Lakeshore
	Lifestyles Auction Game expands students' view of the life opportunities open to them. Students also gain insights into their own values, learning how to make more informed decisions about their future goals. Gaming materials for up to 16 ($19.95)	"
	If You Don't Know Where You're Going, You'll Probably End Up Somewhere Else helps students plan for the future. Encourages students to think about events that will probably happen in their lives and about how to plan for these events. Paperback book, spirit masters and guide ($7.25)	"
	Mate Selection: Making the Best Choice - pt. one Predicting Success and pt. two Beyond Engagement presents an assessment of the role of romantic love, personal values, family and social pressures and emotional needs during dating and engagement, and stresses the importance of self-knowledge in successful mate selection. Two f/s, cassettes and teacher's guide ($85.00)	Career Aids
	Growing Older - CONCEPTS in FOCUS - multi-media teaching unit which helps students to see the benefits of sharing their elder's experiences ($39.00)	Butterick

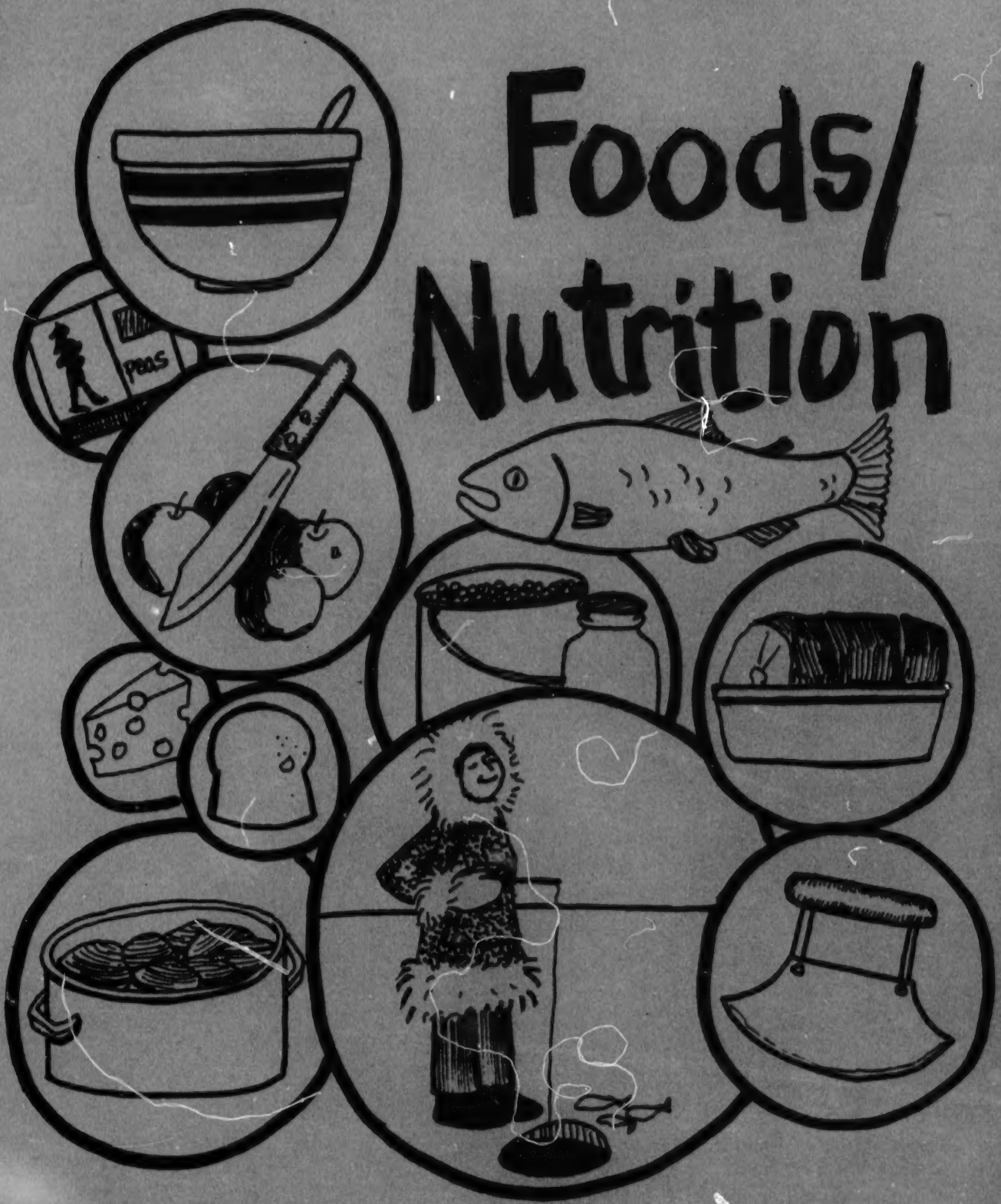
MAJOR TOPIC	RESOURCE	SOURCE
Relationships in the Future	Getting Married, Newly Married Couples, Parenthood, Divorce, Aging Families and Future Family Life - multi-media teaching units. Each program includes two f/s, cassettes, spirit masters and teacher's guide ($55.00 each)	Butterick
All Areas	***Films - Selected Titles***	AK State Film Library
	Act Your Age - Emotional Maturity	
	Acting With Maturity	
	Adolescence, Love and Maturity	
	Adventure in Maturity	
	Aging	
	Alcohol	
	Alcohol - Balancing Head and Heart	
	Alcohol and the Human Body	
	Alcohol and You	
	Alcoholism - A Model of Drug Dependency	
	American Alcoholic	
	Anatomy of a Teen-Age Courtship	
	Anatomy of a Teen-Age Engagement	
	Anything for Kicks (heroin addiction)	
	Are Drugs the Answer	
	Ashes of Doom (smoking)	
	Beginning to Date	
	Belonging to the Group	
	Boy to Man	
	Break Up	
	By Whose Rules	
	Chalk Talk on Alcoholism	
	Changes (physioligical changes of adolescence)	
	The Choice Is Theirs - Decision Making in Early Adolescence	
	Cipher in the Snow (self-esteem needs)	
	The Clique	
	Date With Your Family,	
	Dating	
	David and Hazel - A Story in Communications	
	Depression - Blahs, Blues and Better Days	
	Developing Responsibility	
	Different Folks (sex roles)	
	Don't Be Afraid (fears)	
	Double Trouble (family adversity)	

MAJOR TOPIC	RESOURCE	SOURCE
	Drink, Drank, Drunk	
	Driving and Drugs	
	The Dropout	
	Drug Abuse - A Call to Action	
	Drug Addiction	
	Drugs and the Mind and Body	
	Drugs and the Nervous System	
	Drugs, Drinking and Driving	
	Early Marriage	
	End of Summer (adolescence/growing up)	
	Engagement - Romance and Reality	
	A Family Affair (family stress)	
	Family Matters (divorce and family forms)	
	Family Problems (loyalty)	
	Farewell to Childhood (relationship between children and parents)	
	The Feeling of Hostility	
	The Feeling of Rejection	
	For Those Who Drink	
	The Four of Us Are Strangers (accepting family responsibility)	
	The Game (playing by the rules)	
	Getting Along With Others	
	Getting Along With Parents	
	Getting Busted	
	Getting Closer (boy/girl relationships)	
	Getting High	
	Getting in Focus (drugs)	
	Girl to Woman	
	Guidelines (drugs)	
	Hassles and Hang-Ups	
	The High - Drugs and You	
	Hooked	
	Hopscotch, Hunger and Love (rural AK adjustment to modern life)	
	Inner Circle (standards of social conduct)	
	It's Your Move - Decisions for Discussion	
	Is There Communication When You Speak?	
	LSD - Insight on Insanity	
	Jamie - The Story of a Sibling	
	Keep Off the Grass (drugs)	
	Kid Brother	
	Listen, Listen (education and careers)	
	Love (love versus sex)	

MAJOR TOPIC	RESOURCE	SOURCE
	Making Friends	
	Making the Most of School	
	Marijuana	
	Marijuana - The Great Escape	
	Mary Jane Grows Up - Marijuana in the 70's	
	The Maturing Female	
	Me, An Alcoholic	
	My Friend	
	Narcotics, Pit of Despair	
	Native Alaskan Teen Talk - A Series on Becoming	
	Never a Bride(self-discovery)	
	Never Trust Anyone Under 60 (aging)	
	The New Girl (making friends)	
	No Trespassing (privacy)	
	Our Family Works Together	
	The People Next Door (generation gap)	
	Personality and Emotions	
	Problem Drinkers	
	Psychoactive (drugs)	
	The Purse (conscience)	
	Seasons (aging)	
	The Secret Love of Sandra Blain (alcoholism)	
	The Shopping Bag Lady (aging)	
	Shyness	
	Smoking - It's Your Choice	
	The Snob	
	A Step from the Shadows (alcohol/drug abuse)	
	This Is Your Lung (smoking)	
	Time for a Decision	
	To Die Today	
	To Tell or Not to Tell (cheating)	
	Tobacco - The Idiots Delight	
	The Tobacco Problem - What Do You Think?	
	Trigger Films on Alcohol Education	
	True Values	
	Trying Times	
	Understand Others	
	Understanding Ourselves	
	Understanding Stress and Strain	
	Us (drugs)	
	The Violin (friendship)	

MAJOR TOPIC	RESOURCE	SOURCE
	Weed - The Story of Marijuana	
	What About Drinking?	
	What About Prejudice?	
	What's In a Family?(Alaskan)	
	When I'm Old Enough (school dropout)	
	Where There's Smoke (smoking habits)	
	Who Wins? (morality)	
	Women and Men	
	Working Together (cooperation)	
	Worth Waiting For (engagement)	
	You and Your Parents	
	You Pack Your Own Chute (overcoming fears and inhibitions)	

Foods/ Nutrition



TEACHING TOPICS

Nutrition

1) Basic four food groups - include native foods
2) Nutrients
3) Nutritional deficiencies - related diseases
4) Calories - weight control
5) Food facts and fallacies - additives, health foods, etc.
6) Nutritional labeling - purpose and use

Food Acquisition

1) Native practices - hunting, fishing, trapping
2) Mail order - how to plan ahead, understanding total costs (i.e. freight charge), knowing what form is best to buy (fresh/frozen/canned), food cooperatives
3) Store purchase - making and using a shopping list, comparison shopping, sales, etc.

Food Preparation

1) Identification, use, care and storage of kitchen equipment - large and small utensils and appliances
2) Sanitation and safety - food handling procedures, food storage procedures, cleanliness of kitchen equipment and eating area
3) Measuring - use of correct equipment, procedures for wet and dry ingredients, use of equivalents
4) Cooking terminology
5) Reading recipes - abbreviations, how to halve or double a recipe
6) Ingredient substitutions
7) Meal/menu planning
8) Native foods - identification and use in meals
9) Maintaining nutritional quality of food - cooking and storing
10) Food serving - food safety, table settings, table manners

Food Labs

1) Fruits - types (including wild edibles), food value, ways to use and serve, principles of preparation, buying, storage in the home
2) Grains and their products - types of grains and products, food value, uses, principles of preparation, buying, storage in the home
3) Milk - forms, food value, uses, principles of preparation, storage in the home
4) Eggs - food value, uses, principles of preparation, buying, storage in the home

5) Cheese - kinds, food value, uses, principles of preparation, buying, storage in the home
6) Fats and oils - food value, buying, storage in the home, types, use in deep-fat frying
7) Meats - how to butcher, cuts, forms, food value, uses, principles of preparation
8) Poultry - forms, how to cut up, food value, uses, principles of preparation, buying, storage in the home
9) Fish - forms, food value, uses, principles of preparation, buying, storage in the home
10) Vegetables - types (including wild edibles), food value, uses, principles of preparation, buying, storage in the home
11) Food preservation - drying, salting, freezing, canning of meats, fruits and vegetables
12) Quick breads - types, ingredients, food value, uses, principles of preparation, storage in the home
13) Yeast breads - types, ingredients, food value, uses, principles of preparation, storage in the home
14) Soups - types, food value, ways to serve, principles of preparation, buying
15) Salads and salad dressings - types, food values, uses, principles of preparation, buying salad greens, storage in the home, salad dressings
16) Cakes and frostings - classes, forms and uses, principles of preparation, buying ingredients, storage in the home, frostings, cake decorating
17) Cookies - types, uses, principles of preparation, buying ingredients, storage in the home
18) Pastries - kinds, uses, principles of preparation, buying ingredients, storage in the home
19) Beverages - types, uses, principles of preparation
20) Appetizers - types, ways to serve, garnishes
21) Candies - classes, ingredients, principles of preparation
22) Speciality foods - foreign dishes, boat cookery, camp cookery, nutritious snacks, holiday foods, foods for entertaining

TEACHING ACTIVITIES

Have students...

Keep a food diary of everything they eat for three days. Keep track of number of servings eaten from each food group. What improvements do they need to make in order to eat a well-balanced diet?

Design posters illustrating the four food groups and the recommended number of daily servings for each. Post on walls around the school.

Plan a nutritious three day menu for a thirteen-year old female athlete who needs 5,000 calories a day.

Choose a food they like that contains additives. Write a letter to the manufacturer asking the purpose of each.

Find advertisements making special claims about "health" or "miracle" foods. Evaluate these based on nutrition facts.

Evaluate the nutritional content of one week's worth of lunches served at school.

Divide themselves into several teams to play Recipe Riot. Teacher writes out steps to a simple recipe on index cards. Each group is given same cards but they are out of order. First team to put steps in order wins.

Make a list of snacks they eat most often. Which of these snacks could be included as part of their daily Basic Four? Which of the snacks contain "empty calories"? Choose nutritious substitutes for the "empty calorie" snacks.

Collect pictures of snacks that provide good nutrition and snacks that provide "empty calories". Mount the pictures in related pairs, i.e. orange juice and orange soda. List the nutrients and calories found in each.

Make a poster of a human body. Label each part of the body with the nutrient(s) that help keep it in good working order.

Make a list of all the kitchen equipment and appliances they use at home. Number them in order from the one that gets the most use to the one that gets the least. Compare class members' lists.

Compare the number of level spoonfuls, using various common tablespoons, it takes to fill a one cup measure half full. How many tablespoons does a standard tablespoon measure into the half cup? Discuss why it is important to use standard measuring equipment.

Make posters showing how to put out different kinds of kitchen fires. Post on walls around school.

Design menus for a vegetarian who eats/drinks milk products and one who does not. Ensure that each gets all the nutrients necessary for a balanced diet. What protein sources were used for vegetarian who did not use milk products?

Look through their kitchen cupboards at home and make a list of all the convenience foods found. Which of these foods do they think their family would eat less of if they were not available in convenience form? How would that affect their overall eating habits?

Make a chart that lists different kinds of food poisoning, their causes and their symptoms.

Prepare a list of tips and techniques when shopping to help save money and get value for the money spent.

Design a mobile illustrating a nutritionally balanced meal that is tasty and visually appealing.

Find pictures showing their favorite fruit and vegetable. Find recipes for preparing the foods in different ways. Rank these recipes in order of preference and give reasons why.

Make crossword puzzles using nutrition vocabulary. Can be used for review.

Choose one medical condition which requires a special diet. Do research on it and report to class.

Plan two nutritious breakfasts. One should be built around traditional breakfast foods. The other one should contain foods which are not usually considered breakfast foods but supply the necessary nutrients.

Plan a dinner for an elderly person which can be prepared with a minimum amount of effort.

Demonstrate the Heimlich Maneuver on other class members.

Bake some cookies on a cookie sheet with a shiny finish and on one with a dull finish. Compare results and discuss effects on other baked products.

Conduct a safety check on their kitchens at home.

Prepare a freezer meal. Freeze. Evaluate quality one month later.

Freeze prepared foods in several different types of containers. Evaluate later for quality and make reccomendations on preferred containers.

Dry apples and carrots in the oven. Make fruit leather.

Plan and prepare a formal tea. Invite parents, teachers and friends.

Divide into seven groups - one group for each major region of the United States. Research the history and foods of each particular region and prepare a typical meal for other class members.

Plan a basic nutrition lesson for a primary school child. Use visual aids which appeal to children such as magazine pictures, posters or puppets.

Make nutrient flash card sets. On one side of each card, have students write the name of a nutrient. On the other side, list 3 or 4 functions of that nutrient. Divide into pairs and using the flash cards, quiz each other as a review activity. Show functions - identify nutrient. Show nutrient - identify functions.

Collect empty food product cartons and read labels. Determine ingredients in greatest amounts, additives if any, sugar content, etc.

Identify herbs and spices. Teacher places commonly used herbs and/or spices in individual brown bags. Blindfold students and let them see how accurate their sniffers are.

Play the card game "fish" except using food groups to create winning hand. Students are dealt seven cards, each covered with a basic four food. Players "fish" from center pile and discard one at each turn. The first to create a nutritious meals wins.

Choose a community service project in order to create goodwill in the community and gain vocational experience. Examples include: serve refreshments at banquets, athletic events, etc.; sell baked goods before and after school; open a miscellaneous clothing store (material, trims, patterns, thread, etc.; order case lots of produce to sell; make toys for community bazaar;etc.

Plan a week's survival outing early in September or end of school to teach native cooking, hunting and food preparation. Use community resource people who are familiar with foods of the area. Identify wild and edible plants and cook foods in traditional ways.

Plan and organize a hamburger and french fries feed. Sell tickets during week prior. Students prepare food in class and sell during lunch hour.

Make a cookbook from recipes used during school year. Might be sold to raise money for Home Ec department.

MAJOR TOPIC	RESOURCE	SOURCE
Nutrition	Food: A Supernatural Resource discusses rising food costs, health foods and the responsibilities of industry, government and the consumer in the marketing process. Helps students identify their values about personal eating habits, food purchases, and nutrition. 1 f/s and cassette, teacher's guide, wall poster, transparencies and spirit masters (#22.00)	Washington State Dairy Council
	FOOD...Your Choice Level Four is a sequential, activity-oriented learning system. Builds off of three previous levels although each program can be used alone. Discusses nutrition and helps promote positive attitudes toward healthful food choices. Teacher's guide, spirit masters, transparencies, comparison cards, Nutrition Source Book, activity cards ($30.00)	Washington State Dairy Council
	Food Comparison Cards - nutrient content of 60 foods are depicted with colored bar graphs, includes teacher guide ($6.00)	"
	Food Models come in sets of either 58 or 146 foods, life-size. Food values and their contribution to the USRDA are printed on the backs of the models ($4.00 and $6.00 respectively)	"
	various pamphlets, booklets and fact sheets - Boy and His Physique, Girl and Her Figure, Great Vitamin Mystery, Your Food - Chance or Choice, Your Snacks: Chance or Choice (poster), Guide to Wise Food Choices, Guide to Good Eating (poster), Vitamin Facts, Nutrition Source Book, Vegetarian Nutrition - nominal cost.	"
	Put Nutrition to Work program - Good Nutrition True or False, Energy Balance - Your Key to Weight Control, Choosing Food for Good Nutrition, Meal Time - Anytime!, Eating Out. Five f/s and cassette with teacher's guide.	Chas. A. Bennett
	Nutrition Basics - information about fats, carbohydrates, proteins, vitamins, minerals, calories and diets. One of six programs in Look and Cook series. Include 2 f/s and cassettes, transparencies, spirit masters, wall chart and teacher's guide ($75.00)	Butterick
	Nutrient Needs and Snack Facts - 2 f/s and cassettes programs done in cartoon format ($20.00 each)	ENCORE

MAJOR TOPIC	RESOURCE	SOURCE
Nutrition	Nutrition and You takes a realistic approach to good nutrition. Helps students design personal eating strategies that will suit their life-styles and provide balanced nutrition. Five f/s and cassettes and teacher's guide - Nutrition and Your Health, Nutrition and Your Looks, Nutrition and Your Family Traditions, Nutrition and Your Personal Eating Strategy and Nutrition Quiz: The Basics of Balance ($115.00)	Walt Disney
	Good Sense and Good Food explains why the body requires a balanced diet and helps teens understand the importance of making wise food choices. Four f/s, cassettes and teacher's guide - Man, Plant and Animal, The Chemistry of Foods, The Cell: Assimilation of Nutrients, Nutrition and Malnutrition ($95.00)	Walt Disney
	Nutrition: What's In It For You multi-media unit explores the relationships of nutritional awareness and attitudes on eating patterns, how diet affects health, weight control in your lifestyle and the function and use of nutritional labeling. Four f/s, cassettes, activity sheets, poster and games. Can be loaned from Anchorage or Fairbanks store.	JC Penny
	community resource people - public health nurse, community health aide, local resident knowledgeable in native foods, etc.	
	Basic Four ($8.95), Soup's On ($12.00), Wheels ($12.00) and Good Loser ($12.00) - games that teach about balanced diets, nutrients and weight control.	Nasco
	Pop 'n Swap card game which teaches about leader nutrients ($6.00)	Pillsbury
	Food Additives: Helps or Hazards - CONCEPTS in FOCUS - ($39.00)	Butterick
	Basic Nutrition relates nutrition to teenager's living styles. Two f/s and cassettes ($45.00)	Franklin Clay Films
	Project Nutrition is a nutrition education unit for grades 7-12. Includes 25 duplicating activity sheets, 4 mini f/s with script, poster on functions and sources of vitamins and minerals and a teacher's guide ($4.00)	Kellogg's
	Food for Life: The Basic Four discusses basic food groups, their importance, how to buy and store food. Four f/s, cassettes, teacher's guide, transparencies, spirit masters ($12.95)	Tupperware

MAJOR TOPIC	RESOURCE	SOURCE
Nutrition	Food Becomes You: Nutrition and the Human Body teaches a biological approach to nutrition and balanced diet as well as explains the body's physiological response to food. Three f/s, cassettes, teacher's guide and spirit masters ($19.95)	Tupperware
	Den'ina K'et'una, Tanaina Plantlore describes uses of 105 plants for medicinal, eating and clothing purposes($6.00)	Adult Literacy Lab of ACC
	use films from Alaska State Film library or write for catalogs from film companies listed in Resource Section	
	California Dairy Council materials - inquire at nearest Cooperative Extension Service office about getting training in use of these materials that can be used with jr. high, high school and adults	
	Choices for a Lifetime - f/s and cassette	Cereal Institute
	pamphlets on a variety of topics related to nutrition - write for catalogs - see Resource Section for addresses	FDA Supt. of Documents Consumer Info Center
	Join the Trim Team teaching kit contains six lesson plans to help teach weight control through behavior modification techniques. Also included are student handouts, wall posters and six feature menus of low calorie recipes ($2.50)	Cling Peach Advisory Board
	Sports Nutrition Kit is a teaching kit developed to interest elementary students in good nutrition through the appeal and excitement of sports. Can be adapted for older audiences. Contains ten theme menus: basketball, swimming, skiing, ice skating, soccer, cycling, gymnastics, diving, track and field and weightlifting. ($2.50)	Cling Peach Advisory Board
	Nutrition teaches students about vitamins, minerals, food groups, food preparation and safe food storage. Individualized or group program which contains 2 f/s, cassettes and instructor's guide. ($52.95)	Interpretive Education
	Good Eating Plan - f/s, cassette and teacher's guide($15.00)	General Mills

MAJOR TOPIC	RESOURCE	SOURCE
Nutrition	Label It NUTRITION - introduction to nutrition labeling and its use in meal planning. Includes slides with cassette, teacher's guide and student workbooks ($18.00)	Washington State Dairy Council
	Food Facts Talk Back - facts and fallacies about foods (?)	American Dietetic Assoc.
	Nutritious Snacks - Who Needs 'Em, Nutrients in a Traditional Diet, Calories and Weight. Nutrition Labeling - Tools for Its Use, Nutrition - Food at Work for You, Nutritive Value of Food, Promises, Promises: Today's Food Myths, Nutrion Labeling - How It Can Work for You - nominal or no cost.	Cooperative Extension Service
	Calories, Protein, Vitamins and Minerals, Carbohydrate and Fat, Chemistry of Food Additives, Food Additives - learning activity packages LAPS. Reproducible worksheets. Written at 7th grade so use with caution (some are being rewritten at lower reading level) ($12.50)	Unigraph
	teaching aids and promotional materials from commercial companies - Libby, Sunkist, Campbell Soup, Hunt-Wesson, Stokely Van-Camp, Castle Cooke, Carnation, etc. See Resource Section for addresses.	
	Food - Fact and Fantasy - 3/4" video tape (FREE loan)	CES - Fairbanks
	Food for Fitness - CONCEPTS in FOCUS - a multi-media teaching program geared toward teens and teaches about balanced diets and a personal exercise program. Can be used as one in-depth lesson or a full week of learning activities ($39.00)	Butterick
	Watch Your Weight - CONCEPTS in FOCUS - multi-media teaching program shows teens how to determine proper weight and how to maintain it ($39.00)	"
	Foods, Fads and Fallacies examines current issues including health foods, additives and preservatives, vitamin supplements, weight reduction and others. Four programs I Eat What I Like, Regardless... , Food Fads: Short Cuts to Health? , Is "Natural" Healthy and Is There a Perfect Diet? Four f/s , cassettes and teacher's guide. ($95.00)	Walt Disney
	You Are What You Eat - f/s and cassette (FREE loan)	CES - Fairbanks

MAJOR TOPIC	RESOURCE	SOURCE
Food Acquisition	Wild, Edible and Poisonous Plants of Alaska ($1.00) and Food for Free - 3/4" video tape (FREE loan)	CES - Fairbanks
	local resource people	
	Food Dollars and Sense - illustrates how to save food dollars through proper planning, shopping and storing - f/s, cassette ($4.50)	Money Mgnt Inst.
Food Preparation	Kitchen Equipment from Look and Cook series. Contains two f/s, cassettes, transparencies, worksheets and teacher's guide ($75.00)	Butterick
	Choosing and Using Small Appliances - CONCEPTS in FOCUS - multi-media teaching program which contains one f/s, cassette, student study sheets, wall poster and teacher's guide ($39.00)	Butterick
	Measure Up - CONCEPTS in FOCUS - multi-media teaching program which contains one f/s, cassette, student study sheets, wall poster and teacher's guide ($39.00)	"
	Range Basics: How Food is Cooked - f/s, cassette, student study sheets, teacher's guide ($9.95)	Tappan
	Food Preparation learning activities kit including teacher's guide, student worksheets, poster and visual masters for transparencies ($3.75)	Proctor & Gamble
	Measuring Kitchen Ingredients discusses correct techniques for measuring liquid and dry ingredients. Also deals with equivalents. One f/s and cassette ($25.00)	Franklin Clay Films
	Small Wonders in the Kitchen teaches basics of small kitchen equipment with guidelines for choosing and using the equipment. Includes teacher's guide, wall chart and duplicating activity sheets (FREE)	Rubbermaid
	Revere Ware education kit teaches meal planning, cooking methods and cooking utensil selection ($12.00)	Revere Ware
	Practical Learning Experiences HE 101 - series of activity sheets - Kitchen Equipment, Storing Leftovers, Recipe Arithmetic, Menu Mishaps, Appliance Shortcuts, Vegetable Stew: A Lesson in Cutting, Kitchen Safety, Cleaning Up, Comparison Shopping, Measuring Up, Choosing Equipment, Putting Away Groceries ($5.00)	Creative ERA

MAJOR TOPIC	RESOURCE	SOURCE
Food Preparation	Food/Nutrition and Kitchen Equipment - FORECAST Visuals - include spirit masters, overhead transparencies and teacher's guide ($10.95)	Forecast
	Kitchen Survival Kit discusses kitchen safety as well as general safety around the home. Includes one f/s, cassette, wall charts, spirit masters, games masters and first aid guidelines ($18.00)	Corning
	write or call AK Dept. of Health and Social Services, Division of Health Education or AK Dept. of Health and Social Services, Division of Public Health, Section of Environmental Health and inquire about educationl resources and possible classroom speakers regarding topic of food sanitation and safety - see addresses in Resource Section	
	Meal Planning: Principles of Meal Planning, Meal Management, Meal Planning in Action and Meal Planning for the Future. Each program contains 4 f/s, cassettes, transparencies, wall poster, spirit masters and teacher's guide ($85.00 each of $289.00 for set of four programs)	Butterick
	Fractions Count When You Cook - LAP ($3.95)	AHEA
	How-To Kit teaches basics of cooking and proper cookware. Four mini f/s with script, wall chart, spirit masters and teacher's guide ($2.00)	DuPont
	The Names in the Cooking Game, All About Knives and Carving, All About Cookware - filmstrip programs ($7.50)	ECKO
	Planning to Eat? A Guide to Saving Time, Money and Energy looks at the basic management skills needed in planning meals, buying and storing food and organizing work efficiently. Contains one f/s, cassette, spirit masters and teacher's guide ($9.95)	Tupperware
	Keeping Food Fit: Storing and Freezing teaches about proper food storage and freezing. Includes one f/s, cassette, spirit masters, wall chart and teacher's guide ($13.50)	"
	Safety in the Kitchen teaches about safety and sanitation in handling foods. Contains one f/s and cassette ($21.50)	Franklin Clay Films
	Food for Keeps is a guide to proper food storage in the pantry, freezer and refrigerator. Contains one f/s, cassette, spirit masters, wall chart and teacher's guide ($10.00)	Dow Chemical

MAJOR TOPIC	RESOURCE	SOURCE
Food Preparation	Frying and Baking Fundamentals teaches about frying and baking. Also covers how to follow a recipe, choosing proper ingredients and equipment. Two f/s, cassettes, student handbooks, wall chart, spirit masters and teacher's guide ($10.00)	Proctor & Gamble
	Buying and Planning Meals and Nutrition - Consumer Education Series - includes text More Food for Our Money ($3.50) and workbook Survival at the Supermarket ($1.85) and is designed for low ability readers.	Changing Times
	Amazing Blender Kit teaches how to use the blender in a variety of ways to prepare foods. Includes recipes ($2.00)	Oster
	I Love Pressure Cooking Because... is a comprehensive teaching kit which contains a variety of materials designed to familiarize students with the pressure cooking method of food preparation. Contains one f/s, cassette, poster, spirit masters, lesson plans and teacher's guide ($12.95)	National Presto
	It's Good Food, Keep It Safe - f/s and cassette (FREE loan)	CES - Fairbanks
	Microwave Meals - f/s, cassette and teacher's guide ($15.00)	General Mills
	Conserving the Nutritive Value of Foods (25¢)	Cooperative Extension Service
Food Labs	teaching and promotional aids from various commercial companies - see Resource Section for address.	
	Wild, Edible and Poisonous Plants of Alaska ($1.00) , Wild Berry Recipes (50¢)	Cooperative Extension Service
	Bread on the Table is a film which discusses the role of wheat and bread in human nutrition. Teaching aids accompany the film (FREE loan)	Roman Meal
	Exploring Yeast - From Budding to Baking teaches about uses of yeast and techniques of yeast baking. Includes background information, student experiment sheets and recipes ($2.00)	Universal Foods
	Baking Basics: Quick Breads - CONCEPTS in FOCUS - multi-media teaching program which includes one f/s, cassette, student study sheets, wall poster and teacher's guide ($39.00)	Butterick

MAJOR TOPIC	RESOURCE	SOURCE
Food Labs	Betty Crocker specialty cookbooks - cookies, breads, microwave, hamburger and low calorie cooking.	General Mills
	Betty Crocker standard cookbook.	"
	Micro Cooking - CONCEPTS in FOCUS - multi-media teaching unit which includes f/s, cassette, student study sheets, wall poster and teacher's guide ($39.00)	Butterick
	The Incredible Edible Egg Kit covers everything from egg production through egg nutrition and egg cookery. Includes recipes, student activity sheets, f/s, cassette and teacher's guide ($10.00)	American Egg Board
	Selecting and Cooking Meats dicusses common names and cuts of beef, where they come from on the animal and why they are tough/tender or flavorful. Also discusses proper cooking methods. Two f/s and cassettes ($45.00)	Franklin Clay Films
	Betty Crocker filmstrips - The Good Eating Plan, Microwave Meals, The Economy of Convenience Foods, Celebrate with Cake, Homemade Breads, Cookie Craft, Biscuits - Plain and Fancy, Flair with Frostings and Desserts, Easy as Pie, Our Incredible Shrinking Food Dollar and Food As Children See It ($15.00 each or FREE loan)	General Mills
	The American Ethnic Food Series: Soul Food, Italian Food, Chinese Food, Mexican Food, German Food, and Native American Food. Each program contains two f/s, cassettes, spirit masters, posters and teacher's guide ($68/each of $325.00 for entire series)	Butterick
	Basic Beef Cookery Teaching Kit is a complete unit on beef cookery. Gives steps to use and lists cuts suited for each method. Includes one f/s, cassette, wall chart, spirit masters, teacher's reference (Teaching About Meat) and teacher's guide ($9.00)	Beef Industry Council - Nat'l Livestock & Meat Board
	All About Garnishes - f/s and cassette ($7.50)	ECKO
	Salads Versatiliy Plus and Sandwiches - Versatiliy Plus - each program contains f/s, record, teacher's guide and student leaflets ($5.00)	Best Foods
	Salads and Dressings - two f/s, cassettes, wall chart and spirit masters ($15.00)	Kraft

MAJOR TOPIC	RESOURCE	SOURCE
Food Labs	The Resourceful Ones: A Practical Guide to Pressure Canning - f/s, cassette and student handouts.	National Presto
	Home Canning of Fruits and Vegetables, Home Freezing of Fruits and Vegetables, How to Make Jellies, Jams and Preserves at Home, Freezing Meat and Fish in the Home, Aunt Sammy's Radio Recipes, Make Your Own Oatmeal Mix, The Fisherman Returns, The Hunter Returns After the Kill, Sausage from Alaskan Game, Alaska's Game is Good Food, Smoking Fish, Freezing Fish to Maintain Quality - pamphlets at nominal or no cost.	Cooperative Extension Serivce
	educational materials on pressure canning and jam/jelly making	Kerr Ball
	All About Seafood discusses the nutritional value of different types of seafood and provides recipes for preparing sauces to accompany various seafood dishes (FREE)	McIlhenny
	Salmon Fact Book and recipes, also film on salmon - Catch to Can (FREE loan)	Canned Salmon Institute
	Home Canning - Do It Safely - f/s and cassette (FREE loan), Understanding the Science Behind the Preservation of Food - film (FREE loan), Pressure Canning Update - film (FREE loan)	CES - Fairbanks
All Areas	***Films - Selected Titles***	AK State Film Library
	Balancing Your Diet for Health and Appearance Better Breakfasts U.S.A. Buying and Preparing a Blade Chuck Steak Buying and Preparing Beef Roasts Buying Meat for the Freezer Can't Believe I Ate the Whole Show Cooking - Planning and Organizing Dressing Fish Eat, Drink and Be The Eating On the Run Film Edible Plants in Summer Edible Plants in Winter Food - Fads and Facts Food for Health	

MAJOR TOPIC	RESOURCE	SOURCE
	Food for Life	
	Food Groups and How To Cook Them	
	Food - More for Your Money	
	The Food Revolution	
	Food the Color of Life	
	Foods and Nutrition	
	The Frying Pan and the Fire	
	A Grain That Built a Hemisphere	
	How to Fight a Fire in the Kitchen	
	How to Save a Choking Victim - the Heimlich Maneuver	
	The Human Body - Nutrition and Metabolism	
	The Invader (food sanitation)	
	It's All in Knowing How (eating properly)	
	The Junk Food Film	
	Kitchen Management Principles	
	Kitchen Safety	
	Kitchen Safety - Preventing Burns	
	Meat - From Range to Market	
	Medicine Man (food faddism)	
	Outdoor Cooking	
	Poison	
	Preparing Meals	
	Preparing to Cook	
	The Quality of Meat You Buy	
	Real Talking Singing, Action Movie About Nutrition	
	Sandwich Preparation and Preservation	
	Sanitation - Rules Make Sense	
	Sanitation - Why All the Fuss?	
	Something You Didn't Eat (importance of vitamins)	
	Soupergoop	
	The Sunny, Munchy, Crunchy, Natural Food Shop	
	Take a Can of Salmon	
	The Three Squares (food preservation)	
	To Eat or Not to Eat	
	Understanding Vitamins	
	Variety is the Spice	
	Vegetables for All Seasons	
	Vitamins from Food	
	What's Good to Eat?	
	Why Foods Spoil - Molds, Yeasts, Bacterias	
	The Wonderful World of Food	
	You and Your Food	

MAJOR TOPIC	RESOURCE	SOURCE

TEACHING RESOURCES

57

58

MISCELLANEOUS

GROCERY SUPPLIERS

Acme Provisioners
PO Box 80525
Seattle, WA 98108
206-762-5150

Alaska Bush Supply
SRA Box 595
Anchorage, AK 99507
344-7174

Alaska Grocery Shippers
Box 3-246 ECB
Anchorage, AK 99501
276-1656

Anchorage Cold Storage
Box 39
Anchorage, AK 99510
272-8515

City View Market
2606 E. 16th
Anchorage, AK 99504
277-0951

Frontier Cache
Box 4-1301
Anchorage, AK 99509
276-2015

Grocery Boys
3929 Mt. View Drive
Anchorage, AK 99504
277-8890

Interior Shipping
6437 Ashwood Street
Anchorage, AK 99507
344-6412

Lindy's
Box 1286
Fairbanks, AK 99707
452-2144

Northland Hub
Box 408
Fairbanks, AK 99701
456-6608

Prairie Market
1545 W. Northern Lights
Anchorage, AK 99504
279-5051

Produce Wholesalers
Box 4-1419
Anchorage, AK 99509
272-3491

Sea Mart
Box 5377
Ketchikan, AK 99901
225-4183

Quality Meats
Box 1067
Fairbanks, AK 99707
452-2371

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Points to keep in mind...

* Request catalog/price list/shipping guidelines from each of the suppliers. Price usually DOES NOT include shipping costs.

* Glass and liquids (except canned pop) will not be shipped.

* Stores do not insure order (other than standard insurance when shipping by airlines) unless requested.

* Payment must accompany orders unless school has an established account. Be sure to check with school principal or district office to see how this should be handled.

* If limited to certain amount (i.e. P.O. cannot exceed $___) prioritize list so grocer will include "must have" items in first order and send remaining items when additional payment is received.

* Inquire about the best time of the week to have order in so that it is processed as quickly as possible.

* Most stores will ship only caselot rather than pulling single items off shelves.

* Do not request estimate on items unless serious about ordering.

* It is important to indicate how order is to be shipped. Most canned and dry goods are sent parcel post, frozen foods are sent air freight and perishables are sent either way but at <u>OWN RISK</u>.

* Most grocers do not have a minimum order requirement but prefer not making frequent runs to post office or airport for orders of $50 or less. Plan ahead to realize greater savings!

* Turn over times can be anywhere from 3 days to two weeks depending on which supplier is used. Plan accordingly.

* Expect back orders. Most stores will ship what items they do have on hand and will send the remainder as it comes in.

* Remember - the grocer has to make a profit and has to pay people to process mail orders. Do not expect the same prices on mail order items that might be expected if one was actually shopping in the store itself.

KITCHEN EQUIPMENT

Most rural teachers have conducted foods programs on just the bare "essentials." The two lists that follow are an attempt to guide the teacher in equipping his/her kitchens beyond these bare essentials. List A includes those items considered to be necessary in order to offer an adequate curriculum. List B includes those items that are optional and can be included at one's own discretion. As with other "lists" included in this guide - what is truly needed depends upon the physical facility available, scope of program and number of students participating.

LIST A

Pots & Pans

baking dishes(casseroles)
covered saucepans - 1,2 & 3 qt.
covered saucepots - 4,6 or 10 qt.
covered skillets - large & small

Baking Utensils

cookie sheet
hand mixer
liquid measuring cups - 1 & 2 cup
loaf(bread) pan
muffin tin
nested measuring cups
nested measuring spoons
nested mixing bowls
oblong baking pan
pastry blender
rolling pin
rubber scraper
square cake pan
wooden spoons

Miscellaneous Equipment

bottle opener
can opener
colander
cutting board
dish towel & cloth
grater
knives - paring(4"), utility (7"),French (8-10")
pancake turner
pitcher
pot holders & mitts
strainer
vegetable peeler

LIST B

Pots & Pans

broiling pan
double boiler
dutch oven
electric skillet
pressure canner
pressure cooker
roasting pan & rack

Baking Utensils

cookie cutters
cooling rack
deep fryer
flour sifter
heavy duty electric mixer (5qt. capacity)
narrow metal spatula
pastry brush
pastry cloth
pie pan
pizza pan
round cake pan
tube cake pan
slow cooker

Miscellaneous Equipment

blender
bottle brush
bucket & mop
candy thermometer
canister set
canning jars & lids
carving set
cheese cloth
coffee maker
cooking fork
custard cups
dish drainer
dish pan
egg slicer
food mill
freezer storage containers
funnel
garlic press
gelatin molds - large & small
ice cream scoop
kitchen shears
knife sharpener
knives - bread, filet, grapefruit
ladle
meat baster
meat thermometer
microwave oven
nut cracker
oven thermometer
pizza cutter
place mats
potato masher
poultry trusses
punch bowl & glasses
refrigerator storage containers
salad serving set
salt & pepper set
Seal-a Meal
slotted spoon
tea kettle
toaster
tongs
utility trays
waffle baker
wire whisk

A YEAR'S SHOPPING LIST

One question often asked is - what supplies are needed to implement a Home Economics program? Although each program's needs will vary based upon the scope of the program and the number of students participating, the list below can provide some useful guidelines. The items included are suggestions only and are directly related to the types of foods to be prepared and the activities occurring throughout the year. Quantities are not listed as this will vary from school to school. Keep in mind that many of the items can be ordered in bulk before the year begins. Others would be purchased, as needed, throughout the year.

BREADS/CEREALS/GRAINS

biscuit mix
corn meal
flour - white, wholewheat, regular & cake
graham crackers
oat meal
pasta - macaroni, rice & spaghetti
pilot bread
Rice Krispies
saltines
taco shells

FRUITS/VEGETABLES

canned - *apple sauce*
baby potatoes
bean sprouts
carrots
corn
cream of mushroom soup
fruit cocktail
green beans
kidney beans
mushroom - bits & pieces
olives
peaches
pears
pineapple - chunks, crushed
pumpkin
tomato paste
tomato sauce
tomato soup
tomatoes - whole, peeled

dried - *coconut*
fruit drinks - vitamin C fortified
instant potatoes
raisins

frozen - *fruit juices*
mixed vegetables

MEAT/POULTRY/FISH/BEANS

canned - *beef*
chicken
corned beef
cream of chicken soup
peanut butter
spam
tuna fish

dried - beans
nuts - almonds, sesame seeds, walnuts
peas

frozen - hamburger in 1# packages

MILK/DAIRY

Cheddar cheese - 5 or 10# packages
eggs - dried
milk - dried and evapoarated in cans

MISCELLANEOUS

baking ingredients - baking powder
baking soda
butter
chocolate chips
cocoa
cooking oil
corn starch
corn syrup
food coloring
honey
margarine
marshmallows
molasses
solid shortening
Sure Jell
sugar - brown, white & confectioners
unsweetened chocolate squares
yeast - canned

beverages - coffee
tea

"instant" or prepared foods - cake mixes
Jello
pie fillings
puddings
whipped toppings

relishes - dill pickles
ketchup
mayonnaise
mustard
sweet pickles
sweet relish

spices/herbs/ condiments - bay leaf
beef bouillion
bell pepper flakes
chicken bouillion
chili powder
cinnamon
cloves
curry powder
dried onion
dried soup mixes
garlic salt
ginger
Italian seasonings
mapleine
meat tenderizer
nutmeg

spices/herbs/
condiments -

- oregano
- paprika
- parsley flakes
- pepper
- poultry seasoning
- sage
- salt
- soy sauce
- tobasco
- taco sauce
- vanilla
- vinegar
- Worstershire sauce

DRY GOODS/CLEANING SUPPLIES

- bleach
- dishwashing detergent
- disinfectant
- foil
- kleenex
- laundry detergent
- laundry softener
- napkins
- oven cleaner
- paper baking cups
- paper plates
- paper towels
- plastic bags
- plastic wrap
- scrubbing pads
- sink cleanser
- S.O.S. pads
- wax paper

Date_____

FOODS LAB WORK SHEET

Period_____ Kitchen_____

Group Members _____

Food Selected _____

Cookbook Title and Page _____

Group Leader _____
(Changes for Each Lab)

Leader Duties:
_____ worksheet filled out and turned in after planning
_____ check with teacher for approval of clean-up check-off after cooking
_____ complete filling out the evaluation <u>with group</u> and turn in after project is completed
_____ record any absences for group members or group members not doing their assigned duties

<u>Name</u>	Circle day absent or not helping
_____	M T W Th F
_____	M T W Th F

Assign these duties to Group members if requested to:

_____ all put on aprons, secure hair, and wash hands
_____ check ingredients needed
_____ measure dry ingredients (wipe up spills immediately)
_____ measure liquids and shortening (wipe up spills immediately)
_____ mix
_____ serve and share - wipe tables usually
_____ wash dishes, dry, and put away (2 people)

<u>Clean Up Check Off List</u>

sink
mixer
blender
counter
drawers
dish cloths
rolling carts
lecture area
windows shut
under sink
upper cupboards
floor
refrigerator
oven and stove top
locked cupboard
sliding door cupboard
storage room floor

SAMPLE LAB EVALUATION

Lab_____ Kitchen _____

Grade_____

1) Planning of the lab before lab day (15)_____

_____

2) Organization of the group in the kitchen(10)_____

_____

3) Ability of group to work together (10)_____

_____

4) Work habits in the kitchen (10)_____

_____

5) Quality and appearance of the product (10)_____

_____

6) Personal appearance and cleanliness in the lab (10)_____

_____

7) Wise use of time in the lab (15) _____

_____

8) Table setting (5) _____

_____

9) Order and cleanliness of kitchen when finished (15) _____

_____

Additional comments:

FOODS LAB PEER EVALUATION

Date_____ Period_____ Kitchen_____

Place a check mark beside the lines that describe your partner group.

___ worked quietly and efficiently
___ was noisy and/or messy
___ had some lazy members
___ everyone worked together
___ shared graciously
___ were stingy
___ complained a lot
___ left a mess
___ stayed until all work done
___ left before cleanup was complete

Circle one: The food was...

good average not done burnt very good

Other comments:

Teacher comments:

****

FOODS LAB SELF EVALUATION

Underline the words that describe your work.

1) Our planning was a) hurried, b) complete, c) helpful d) unnecessary, e) didn't work

2) Our preparation was a) efficient and well organized, b) hurried c) messy, d) too long

3) Our cleaning a) was done as we went along, b) was a lot of work for one person, c) was too hard, d) took too long, e) everyone helped

4) We shared with:_____

_____

_____

INDIAN FRY BREAD

2 c. flour
2 t. baking powder
1/4 c. nonfat dry milk
1 t. salt
1 T. lard or shortening
3/4 c. warm water
cooking oil

1. Stir flour, dry milk, baking powder and salt.
2. Cut in fat until mixture resembles course crumbs, stir in water.
3. Turn out onto floured surface; knead to a smooth ball, 10 - 12 strokes.
4. Divide dough into 8 balls. Cover, let rest 10 minutes on floured surface, roll each ball to a 6 inch circle.
5. With finger, make a hole in center of each.
6. Fry one at a time in deep, hot fat (400°) until golden brown, about 1 1/2 min. turning once.

(over)

SCOTCH SHORTBREAD

1. Cream 1 cup butter.
2. Gradually add 1/2 cup sugar, creaming till light and fluffy.
3. Stir in 2 1/2 cups sifted all-purpose flour.
4. Chill several hours. Divide in half.
5. On ungreased cookie sheet pat each half into 7" circle.
6. With fork prick each mound deeply to make 16 pie-shaped wedges.

Bake on ungreased cooky sheet at 300° about 30 minutes. Cool slightly, remove.

Makes 32 wedges

BIRDSEED BREAD

2 c. biscuit baking mix
1/2 c. cold water
1/4 t. garlic powder
1/4 c. butter or margarine
2 T. sesame seeds
2 T. sunflower seeds or chopped nuts

1. Heat oven to 425°, mix 2 c. baking mix, 1/2 c. cold water and 1/4 t. garlic powder to a soft dough in bowl with fork.

2. Pat the dough on ungreased cookie sheet into 10-inch circle.
3. Melt 1/4 c. butter in saucepan over low heat. Remove from heat. Brush the dough circle with the melted butter. Sprinkle with 2 T. sesame seeds and 2 T. sunflower nuts. Firmly press the seeds and nuts into

(over)

Drain on paper towel.

dough with rubber scraper.

4. Cut the circle into 12 equal wedges (like a pie)

5. Bake in 425° oven 15 to 20 minutes or until golden brown. Serve warm, (The bread will break into wedges).

71

CRANBERRY-NUT BREAD

1 cup raw cranberries
1/2 cup sugar
3 cups flour
4 teaspoons baking powder
1 teaspoon salt
1/2 cup chopped walnuts
3 tablespoons grated orange rind
1 egg, beaten
1 cup milk
2 tablespoons oil or melted margarine

1. Put cranberries through blender or food chopper. Add one-quarter cup sugar.
2. Sift remaining sugar with dry ingredients; add nuts and rind.
3. Combine egg, milk, and oil; add to flour mixture. Fold in sweetened cranberries. Bake in oiled loaf pan in 350° oven, about 50 minutes.

BASIC MUFFIN RECIPE

2 cups flour
1 tablespoon baking powder
1 teaspoon salt
3 tablespoons sugar
1 cup milk
1 egg
1/4 cup oil

1. Mix dry ingredients together in bowl.
2. Measure milk and oil into two-cup measuring cup; add egg. Beat together with fork.
3. Add liquid all at once to flour mixture, and stir only until flour is dampened. Bake about 20 minutes at 400°.

VARIATIONS:

1. Add three-quarters cup raisins, chopped dates, or blueberries to batter and fold in.

(over)

HOMEMADE NOODLES

1 beaten egg
2 T. milk
1/2 t. salt
1 cup flour

1. Mix egg, milk and salt.
2. Add enough flour to make a stiff dough.
3. Roll very thin on floured surface; let rest 20 minutes.
4. Roll up loosely; slice 1/4 inch wide. Unroll.
5. Cut into desired lengths. Spread out; dry 2 hours.
6. Store in covered container till needed.

To cook, drop noodles into boiling liquid; cook, uncovered, 8 to 10 minutes. Make 3 cups uncooked noodles.

2. Replace one cup white flour with one cup whole-wheat or buckwheat flour.
3. Replace one cup flour with one cup cornmeal or oatmeal.
4. Replace one cup milk with one cup buttermilk or sour milk. Use one teaspoon soda instead of baking powder.
5. Put one teaspoon honey in the bottom of each greased muffin tin, and place on top of the honey three or four sections of thinly sliced orange with peeling left on. Replace milk with orange juice and add a little orange peel to batter.

73

CORN BREAD

1 cup sifted flour
1/4 cup sugar
4 t. baking powder
3/4 t. salt
1 cup corn meal
1 egg
1 cup milk
1/4 cup soft shortening

1. Oven 425°
2. Sift flour with sugar, baking powder, and salt; stir in corn meal.
3. Add egg, milk, and shortening.
4. Beat till just smooth, about one minute.
5. Pour into greased 9 X 9 pan.

Bake in hot oven (425°) 12 to 15 minutes.

HARD TACK (CRACKERS)

3/4 c. shortening (may be oil)
2 c. quick oats
3 c. whole wheat flour
1/4 c. sugar
1 1/2 t. salt
1 1/2 c. buttermilk
1 t. soda

1. Mix dry ingredients into shortening.
2. Add buttermilk in which soda has been dissolved. Roll very thin.
3. Prick with a fork or roll last time with a corrugated rolling pin.
4. Cut into desired shapes.
5. Bake at 400° on ungreased cookie sheets until light brown (they burn easily).

EASY MIX BISCUITS

2 c. flour, sifted
3 t. baking powder
1 t. salt
1/3 cooking oil
2/3 c. milk

1. Sift flour, baking powder and salt. Pour oil and milk into measuring cup; add all at once to flour mixture.
2. Stir with fork until dough cleans sides of bowl and rounds up into a ball. Place on floured surface and knead lightly about 10 times or until smooth. Pat or roll out to 1/2" thickness. Cut with biscuit cutter.
3. Place on ungreased baking sheet.
4. Bake at 450° for 12-15 minutes.

YIELD: about 16 medium biscuits

EGGS IN BOLOGNA CUPS

2 t. shortening
6 slices bologna (about 4 inch across)
6 eggs
6 t. milk
salt and pepper
paprika

1. Heat oven to 375°
2. Grease 6 muffin cups with some shortening, using pastry brush.
3. Melt 2 t. shortening in skillet over low heat.
4. Place 3 slices bologna in skillet and fry until the edges curl and the center puff. Lift each slice with tongs into a muffin cup. Repeat with remaining slices.
5. Break 1 egg into the center of each bologna slice to hold it down.

(over)

SAUSAGE BREAKFAST BAKE

2 cups packaged pancake mix
1 1/4 cups milk
2 eggs
1 8 oz. package brown and serve sausage links
2 T salad oil
1 14 oz. jar spiced apple rings

1. Combine pancake mix, milk, eggs, and salad oil; beat till nearly smooth with rotary beater.
2. Turn into a greased 13 1/2 X 8 3/4 X 1 3/4 inch baking dish.
3. Drain apple rings, reserving the syrup to use in the Apple-Maple Syrup.
4. Halve each sausage link crosswise.
5. Arrange apple rings and sausages atop batter in a

(over)

APPLE-MAPLE SYRUP

Spiced apple syrup
1/3 c. sugar
4 t. cornstarch
1 T. butter or margarine
3/4 c. maple-flavored syrup

1. Add water to reserved spiced apple syrup from Sausage Breakfast Bake to equal 2/3 cup.
2. In saucepan combine sugar and cornstrach; stir in spiced apple syrup.
3. Cook and stir till thick and bubbly; cook and stir 1 minute more.
4. Stir in butter and maple syrup.
5. Serve over Sausage Breakfast Bake.

Makes 1 1/2 cups syrup.

6. Pour 1 t. milk over each egg. Sprinkle eggs lightly with salt, pepper and paprika.
7. Bake uncovered in 375 degree oven 15 to 20 minutes, or until the eggs are set.
8. Loosen each bologna cup with knife and lift to platter with spoon.

pattern so the mixture can be cut into squares when baked.

6. Bake at 350 degrees till done, about 30 to 35 minutes
7. Cut into 6 squares. Serve with Apple-Maple Syrup.

Makes 6 servings.

DUTCH BABIES IN BLANKETS

This is a puffy, fun dish that is easy to make.

1. Set the oven temperature at 425 - 450 degrees.
2. In a non metal baking dish melt 1/2 stick margarine or butter.
3. Beat until thick and lemon colored: 6 eggs.
4. To the eggs add & blend - 1 c flour, 1 c milk, and a pinch of salt.
5. Cut three pieces of bread into four triangles each.
6. Pour egg mixture over bread which has been loosely placed in the baking dish.
7. Bake for about 20 minutes. You may stir 1/2 way through. Serve immediately - with sauce, syrup, fruit or plain.

PINEAPPLE OVEN PANCAKES

2 T. butter
1 8oz. can crushed pineapple, drained
1 c. flour, sifted
1/4 t. salt
cinnamon
1 T. sugar
1 T. cooking oil
1 c. milk
2 eggs
Orange Spread

1. Preheat oven to 400°.
2. Measure butter into 9x13-inch baking pan; place in oven until melted.
3. Stir in pineapple; return pan to oven while preparing batter.
4. Place flour, salt, sugar, oil, milk and eggs in small bowl. Beat until smooth - 2-3 minutes.
5. Pour batter over hot pineapple mixture; sprinkle generously with cinnamon. Bake at 400° until (over)

BAKED FRENCH TOAST

4 eggs
1 T. sugar
1/2 t. vanilla
1/2 t. salt
1 c. milk
6-8 slices bread
1/4 c. melted butter

1. Beat eggs slightly; stir in sugar, vanilla, salt and milk.
2. Dip each bread slice into mixture, turning to allow both sides to take up liquid.
3. Place on well-buttered baking sheet.
4. Pour melted butter over tops of slices. Bake at 450° for 10 minutes.
5. Turn and bake about 5 minutes longer until golden brown.
6. Serve with butter and jam or syrup.

YIELD: 6-8 servings

puffed and golden brown. Serve hot. Cut in squares. Top with Orange Spread.

Orange Spread
With electric mixer, beat together 1/4# butter, 1/2 c. powdered sugar and 1/4 c. undiluted orange juice concentrate. Whip until smooth and creamy.

YIELD: 6-8 servings

78

ALASKA ICE CREAM

2 eggs
1-1/2 c. sugar
1 (13oz.) can evaporated milk
snow
1 T. vanilla
1/2 t. salt

1. Beat eggs in mixing bowl until fluffy.
2. Add remaining ingredients and continue beating until sugar is dissolved.
3. Add additional snow until of consistency of ice cream.

CHOCOLATE-PEANUT PUDDING

1 oz. unsweetened baking chocolate
1/2 c crunchy peanut butter
1/4-1/2 c honey
2 c milk
2 eggs beaten
1/4-1/2 c raisins (optional)
1/2 t. vanilla

1. Melt the chocolate in the top of a double boiler, stir in the peanut butter and honey to make a nice thick goo.
2. Stir in the milk and beat with a wire whisk until the mixture is blended and very warm.
3. Add 1/2 c of the liquid to the beaten eggs, slowly add to mixture in double boiler.
4. Cook the mixture in the double boiler until thick, like a custard or cream sauce about 5 min. (over)

INSTANT PUMPKIN PIE

1 1/2 c milk
1 pkg. vanilla pudding mix (instant)
1 c canned pumpkin
1 t. pumpkin pie spice
1 c prepared dream whip
1 pie shell

1. Combine milk, pie filling mix, pumpkin, spice and whipped topping in a deep narrow-bottom bowl.
2. Beat at lowest speed of electric mixer for 1 minute.
3. Pour into pie shell.
4. Chill until set, at least 3 hours.
5. Garnish with additional whipped topping and pecans, if desired.

5. Stir in the vanilla, pour into custard cups or one serving dish, and chill several hours.

Serves 6

80

PUMPKIN COOKIES

1 c shortening
1 c sugar
1 c canned pumpkin or yams
1 egg
1 t. vanilla
2 c sifted all-purpose flour
1 t. baking powder
1/2 t. baking soda
1/2 t. salt
1 t. ground cinnamon
1/2 t. ground nutmeg
1/4 t. ground allspice
1 c raisins
1/2 cup chopped nuts

1. Cream shortening and sugar. Add pumpkin, egg, and vanilla; beat well.
2. Sift together flour, baking powder, soda, salt, and spices. Add to creamed mixture; blend well.
3. Stir in raisins and nuts. Drop by rounded t., 2 inch apart, on greased cookie sheet.
4. Bake at 350° for 12 to 15 minutes. Makes 3 1/2 dozen cookies.

BLUEBERRY BAVARIAN CREAM

1. Dissolve 1-3 oz. pkg. red-colored jello in 3/4 c. boiling water, stir and add 2-3 ice cubes, continue to stir until dissolved.
2. Crush 1 c. blueberries, add 1 c. crushed pineapple and blueberries to jello.
3. Chill completely. Right before serving, stir in 1 c. Dream Whip (made according to package directions)

SIX-WAY COOKIES

1 c flour, sifted
1 t. wheat germ (optional)
1/2 t. soda
1/2 t. salt
1/2 c. soft margarine
1/2 c brown sugar
1/4 c sugar
1 egg
1 t. vanilla
2 t. milk
2 c uncooked oats

1. Mix together flour, wheat germ, soda, and salt.
2. Add remaining ingredients, except oats, and beat until smooth, about two minutes.
3. Fold in oats. Drop from teaspoon onto greased baking sheet. Bake at 375° for 12 to 15 minutes.

VARIATIONS:

1. Chocolate chip: Add one (6oz.) pkg. chocolate chips after oats.

(over)

2. Peanut: Add one cup peanuts after oats.
3. Gumdrop: Add one-half cup chopped gumdrops.
4. Date: Add one cup chopped dates after oats.
5. Raisin-spice: Add one teaspoon cinnamon and one-quarter teaspoon nutmeg to dry ingredients. Omit vanilla. Add one cup raisins after oats.
6. Orange-coconut: Substitute orange juice for milk. Omit vanilla. Add one teaspoon grated orange rind and one-half cup coconut.

APPLE DELIGHT

1 1/2 c. cereal flakes
1 1/2 c. apples, thinly sliced
1/4 c brown sugar
1/2 t. cinnamon
1 1/3 T. butter
Dream hip

1. Set oven at 375°
2. Butter baking dish and place cereal flakes and apples in alternate layers
3. Sprinkle with brown sugar and cinnamon, dot with butter. Continue until all materials are used.
4. Bake for 35 minutes. Serve with Dream Whip.

CHOCOLATE PUDDING MIX

Mix together:
3/4 c sifted flour
4 c dry milk powder
2 t salt
2 c sugar
2 c cocoa

1. After mixing, sift the mixture 3 times through a flour sifter.
2. Put in a glass or metal container with tight lid. Store on a shelf.
3. To make pudding to serve 6 people do this: Measure 2 cups of the pudding mix into a sauce pan. Add 3 cups of water and stir.
4. Cook over low heat stirring constantly, until the mixture thickens.

(over)

DRIED FRUIT COOKIE BARS

Mix together:
3/4 c. flour
1/2 t. salt
1 t. baking powder

Add:
2 eggs, well beaten and
1 c. brown sugar,
stir until mixed

1. Chop up dried fruit to make 1 cupful. Pour 3 tablespoons of melted butter or margarine over the chopped fruit.
2. Add the fruit to the cookie mixture.
3. Line a shallow baking pan (about 8 X 8 inches) with waxed paper. (If you do not have waxed paper, grease the pan.)
4. Pour the cookie mixture into the pan and spread flat. Bake at 325° (a moderate oven) for about 35 minutes.

(Over)

Add: 2 tablespoons of butter or margerine
1 teaspoon of vanilla

Serve in sauce dishes, and top with dry milk dessert topping.
Or, pour the pudding mix into an 8 inch baked pie crust, and spread the dessert topping over the top.

5. When cool, cut into squares for serving.

Notes:

1. The dried fruit can be apricots, prunes, or a mixture of the two.
2. You can sprinkle a little powdered sugar over the top of the squares, or roll them in a little powdered sugar.
3. If you have used waxed paper, turn the cookie bars out onto a rack when you take them from the oven. Turn upside down, pull the waxed paper off.

ISLANDER'S CRISP

Topping:

2/3 cup Quaker Oats (quick or old fashioned)
1/4 cup firmly packed brown sugar
3 T. butter or margarine, melted
1/4 t. cinnamon

Fruit Base:
One 20-oz. can chunk pineapple in unsweetened pineapple juice
2 t. cornstarch
1 t. lemon juice
1/4 t. cinnamon
2 medium-size bananas, cut into chunks (over)

POTATO PEEL CRISPS

1. Scoop out insides from 4 baked potatoes and use for mashed potatoes.
2. Cut skins into 1 1/2-inch strips.
3. Brush generously with melted butter.
4. Sprinkle with salt and pepper and broil until crisp and brown

Make a great snack or appetizer.

ALASKA FANCY FUDGE

3 cups sugar
1/4 cup oleo
2/3 cup evaporated milk
1 12 oz. pkg. semi-sweet chocolate pieces
1 7 oz. jar Kraft marshmallow creme
1 cup chopped nuts
1 t. vanilla

1. Combine sugar, margarine and milk in heavy 2 1/2 quart saucepan; bring to a full rolling boil, stirring constantly.
2. Continue boiling 5 minutes over medium heat, stirring constantly.
3. Continue to stir to prevent scorching.
4. Remove from heat; stir in chocolate pieces until melted

(over)

1. For topping, combine all ingredients; mix well.
2. Spoon into 9-inch square baking pan; bake in preheated oven at 350°F. for 9 to 11 minutes, stirring occasionally.
3. Spread on to ungreased cookie sheet or aluminum foil; cool thoroughly.
4. For fruit base drain pineapple reserving 1/3 cup juice.
5. Combine reserved juice, cornstarch, lemon juice and cinnamon, mixing until smooth.
6. Stir in fruit; spoon into 9-inch pie plate.
7. Bake in preheated oven at 350°F. about 25 minutes or until juice is thickened.
8. Let stand 5 to 10 minutes; sprinkle with topping.

Makes 4 to 6 servings.

5. Add marshmallo creme, nuts and vanilla. Beat until well blended.

Pour into greased 13 X 9 inch pan.
Cool at room temperature; cut into squares.
Make about 3 pounds.

86

PEANUT BUTTER-DRY MILK CANDY
(Does not need cooking)

In a bowl mix together well:

1 cup peanut butter
2 cups dry milk powder

1. Add about 1/2 cup of honey, just a little at a time, until the mixture sticks together well.
2. Make small balls of the mixture with your hands.
3. Roll the balls lightly in powdered sugar. This keeps them from being sticky.
4. Place them on a cookie sheet or large clean bread board. Put them where they will get cool and firm before eating.

PEANUT BRITTLE

2 cups salted peanuts (put in a sifter so excess salt sifts out)
1 cup sugar
1 cup light corn syrup
3/4 t. soda

1. Butter a baking sheet before you start the peanut brittle.
2. Mix peanuts, sugar, and syrup together in a heavy saucepan.
3. Bring to a boil, stirring constantly.
4. Cook until it begins to change color.
5. Remove from heat and quickly stir in soda. This causes the mixture to foam so don't worry when it does.
6. Pour immediately into buttered baking dish. Let cool and break into pieces. Store in an airtight container.

CHEESE BUNNIES

1. With your round cooky cutter, cut a circle out of the top of a hamburger bun. DON'T cut to bottom of bun.
2. Lift the circle out with a fork. The hole should be big enough to hold an egg. Butter the inside.
3. Place the buns on cooky sheet. Slip an egg in hole. Season. Bake in slow oven (325°) 25 minutes.
4. Top the bun and the egg with a slice of cheese. Bake till the cheese puffs, about 5 minutes.

OVEN METHOD JERKY

2-3 lbs. venison, reindeer, caribou or moose
1/2 t. liquid mixed with 2 T. water

1. Slice meat 1/4" thick and remove all fat. Lay out in single layer on a counter surface.
2. Dab each piece with a pastry brush dipped in liquid smoke. Salt generously with non-iodized salt. Sprinkle with pepper if desired.
3. Place strips, layer on layer, in large bowl or crock. Put a plate and weight on top; let stand overnight or at least six hours. Remove meat strips from bowl and dry.
4. Remove oven racks and stretch meat strips across them. Allow edges to touch but not to overlap. Do not cover entire rack. (over)

DRIED FRUIT LEATHER

Fruit - apricots, apples, peaches, plums, raspberries, pears and rhubarb

Clean and wash fruit - not necessary to peel except for pears and apples. Add to blender and make approximately 2 cups puree. May need to add one tablespoon water if fruit is not juicy. Add sugar or honey if sweetening is desired - 2 T./2 c. puree. Add cinnamon or nutmeg for taste variety.

Line a cookie sheet with plastic wrap. Spread puree evenly over the plastic leaving approximately 1" around outside edge free for easy removal of leather. Place in hot sun to dry. Let dry 6-8 hours. The heat of the sun and humidity make drying time variable. While fruit is still warm from the sun,ease it up around edges and peel (over)

FROZEN BANANA POPS

Bananas, peeled and cut in half crosswise
semi-sweet chocolate squares or chocolate chips
walnuts - chopped
Life Cereal - crushed

1. Melt chocolate in double boiler over low heat - stir constantly.
2. Chop nuts and crush cereal - mix together and spread out on wax paper.
3. Put skewers (tongue depressors from school nurse work great!) through ends of bananas - push about halfway in.
4. Pour melted chocolate in a tall glass. Dip bananas into chocolate and roll in cereal nut mixture.
5. Place on wax paper and put in freezer. Let thaw slightly before eating.

5. Allow for air circulation in the oven. Arrange racks so that top rack is not closer than 4" from the top source of heat and bottom rack no closer than 4" from bottom of oven.
6. Set oven temp. for 150 degrees and let the meat dry for 11 hours. Check early in the drying process. If there is excessive drip, catch it on aluminum foil on a rack near the bottom of oven.
7. Lower the temp. until the oven feels warm but does not cook the meat.

Coll and store in an airtight container.

off plastic. Roll the loosened leather in the plastic and store in paper sacks. If leather is not sufficiently dried at end of the day's heat, finish it in the oven set at lowest temp. or set it out again the next day. Leave oven door ajar so moisture can escape. Oven may be used if it isn't hot enough outside. However - this process dries the fruit more rapidly and it may turn brittle. If so - you get fruit chips but they are yummy too! Another way to dry the leather is to leave the cookie sheet of puree where it gets sun through a window. However - this requires a much longer drying time.

89

CRAZY CHOCOLATE CAKE

1 1/2 cups unsifted flour
1 cup sugar
3 Tablespoons cocoa
1 teaspoon baking soda
1/2 teaspoon salt
6 Tablespoons salad oil
1 Tablespoon vinegar
1 teaspoon vanilla
1 cup of cold water

1. Sift flour with sugar, cocoa, baking soda and salt into an ungreased 9 inch square baking pan. Make three depressions.
2. Distribute the oil among the depressions, then the vinegar and vanilla. Pour the cold water over all.
3. Using a slotted pancake turner, mix all the ingredients Use the turner both to stir and to scrape the bottom and corners of the pan so that all is thoroughly mixed.

(over)

RHUBARB/RASPBERRY CRISP

1 c. sugar
3 t. cornstarch
3/4 t. salt
1 1/2 t. cinnamon
1 1/2 qrts. rhubarb (may be part berries)
1/2 c. flour
2 c brown sugar
1 c rolled oats

1. Combine first four ingredients and mix with the rhubarb.
2. Place in a 9 X 13" well greased pan.
3. Combine rest of dry ingredients.
4. Cut in butter.
5. Sprinkle over rhubarb.
6. Bake.

DATE BARS

1/2 c butter or margarine, softened
1/4 c shortening
1 c brown sugar (packed)
1 3/4 c all-purpose flour*
1 teaspoon salt
1/2 t. soda
1 1/2 cup quick-cooking oats

1. Prepare Date Filling; cool. Heat oven to 400°. Grease baking pan, 13 X 9 X 2 inches.
2. Cream butter, shortening and sugar.
3. Mix in remaining ingredients. Press half the mixture evenly in bottom of pan.
4. Spread with filling. Top with remaining crumble mixture. Press lightly.

(over)

Don't worry if a few small lumps remain in the batter.

5. Bake in a 350° oven for 30 to 35 minutes, or until a toothpick inserted comes out clean.

6. Cool in the pan on a rack.

5. Bake 25 to 30 minutes or until light brown. While warm, cut into bars, about 2 x 1 1/2 inches. 3 dozen cookies.

*If using self-rising flour, omit salt and soda. If using quick mixing flour, stir in 3 to 4 t. milk.

DATE FILLING

Mix 3 cups cut-up dates (1 lb.) 1/4 c sugar and 1 1/2 c water in saucepan. Cook over low heat, stirring constantly, about 10 minutes or until thickened.

VARIATION

Jam Bars: Omit Date Filling and substitute 1 cup of your favorite jam.

SWEET POTATO PUFFS

2# sweet potatoes
3 T. grated orange rind
2 T. melted butter
1/4 c. sugar
1/4 c. brown sugar
1/2 t. salt
1/2 t. nutmeg
1/2 c. chopped pecans

1. Cook potatoes in boiling salted water until tender. Peel and mash, beating until fluffy. Stir in remaining ingredients.
2. Divide mixture into 10 to 12 portions. Shape each into ball with marshmallow in center. Be sure marshmallow is completely covered.
3. Beat 1 egg slightly; blend in 1 T. water. Roll balls in egg mixture and then in 1 1/2 c. corn flakes crumbs.
4. Arrange in greased flat pan. Refrigerate or freeze.
5. Before serving, bake at 400° for 15-20 minutes.

SAUSAGE ZUCCHINI BAKE

4 c. sliced zucchini
1 # bulk pork sausage
1 minced clove garlic
1/2 c. dry bread crumbs
1/2 c. Parmesan cheese
1 c. milk
1 T. parsley flakes
1/2 t. oregano
1/2 t. salt
2 eggs

1. Cook zucchini in boiling salted water for five minutes; drain.
2. Cook sausage and garlic until crumbly and brown; drain.
3. Add cooked zucchini, bread crumbs, Parmesan cheese, milk, parsley, oregano and salt. Beat eggs slightly and fold into zucchini mixture.
4. Turn into greased 10x6-inch baking dish.
5. Bake at 325° for 25-30 minutes.

YIELD: 6 servings

CURRIED FRUIT BAKE

3 T. butter
1/3 c. brown sugar
1 1/2 t. curry powder
1 1# can peach halves
1 1# can pear halves
1 8oz. can pineapple chunks
12 maraschino cherries

1. Melt butter in small saucepan.
2. Stir in sugar and curry; mix well.
3. Drain fruit; pat dry on paper toweling.
4. Arrange in 1 qt. casserole. Pour curry mixture over.
5. Bake uncovered, at 325° for 1 hour.
6. Keep warm, serve from casserole, as meat accompaniment.

YIELD: 8 servings

MARY'S BAKED BEANS

Yield: 6 servings

2 c. dried beans (navy, pinto, pea)
1/4 to 1/2 lb. dried bacon or salt pork
2 T. catsup
1 tsp. salt (optional)
1 stalk celery, finely chopped
2 T. dark molasses

Method:
1. Wash beans. Cover with boiling water and soak overnight. Simmer slowly until tender (about 1 1/2 hours). Drain and save liquid.
2. Fill bean pot 1/2 full, add bacon or salt pork. Place remaining beans in pot, pour over them the molasses, salt, catsup, and celery.

(over)

BROILED PEACHES

1 can peach halves
butter
brown sugar

1. Drain peach halves. Place cut side up on broiling pan.
2. Dot each half with butter. Sprinkle with brown sugar.
3. Broil until butter/sugar mixture bubbles.

PINK APPLESAUCE

2 large tart apples
1 slice lemon, 1/4" thick
1/2 c. pineapple juice
3 T. cinnamon red-hots or sugar

1. Core and coarsely cut apples.
2. Put 1/2 c. apple pieces, lemon slice, pineapple juice and red-hots in blender.
3. Cover and turn on high. Immediately remove cover and gradually add remaining apples.
4. Blend until sauce is of fine consistency. Serve at once.

YIELD: 2 cups

3. Add enough of the cooking liquid if needed to cover beans.
4. Cover and bake at 350 degrees for 3 hours.

Remove cover to brown beans last half hour.

GLAZED CARROTS

1/3 c. brown sugar
2 T. butter
8 cooked carrots

1. Heat together 1/3 c. brown sugar and 2 tablespoons butter till sugar dissolves.
2. Add 8 cooked carrots (whole or halved length-wise)
3. Cook over medium heat, turning till well glazed, about 12 minutes.

Serves 4

POTATO PATTIES

2 cups mashed potatoes
1 slightly beaten egg
1/4 c. chopped onions

1. To potatoes add egg, onion, and salt and pepper. Mix well.
2. Shape into 6 patties.
3. Dip in flour; then brown slowly in butter, about 5 minutes on each side.

Makes 6 servings.

FRENCH-FRIED ONION RINGS

6 medium onions, sliced 1/4 inch thick
2 cups milk
3 eggs
All-purpose flour

1. Separate onion slices into rings.
2. Combine the milk and eggs; beat thoroughly and pour into shallow pan.
3. Drop onion rings into pan. With your fingers, swish rings around till well coated.
4. Lift onions out; shake over pan to drain.
5. Drop in pan of flour, a few rings at a time, coating each well.
6. Place in wire French-frying basket (don't fill more than one-fourth full) Shake off excess flour by giving basket a sharp slap.

(over)

7. Fry in deep hot fat, stirring once with a fork to separate rings while frying.
8. When onions are golden, drain on paper towels.

Just before serving, sprinkle with salt.
Serve hot. Makes 8 servings

96

CURRIED RICE

1 1/3 c cooked rice
1 T vinegar
2 T salad oil — Mix and chill
3 T chopped onion
1 t curry powder

Add: 1 package frozen green peas, thawed
1 c. chopped celery
3/4 c. mayonnaise

Mix well and serve cold.

SPANISH RICE

3 slices bacon, minced
1/4 c green pepper (or dried)
1/2 c onion, chopped
1 1/2 c canned tomatoes
1/2 t. salt
1/8 t. pepper
1 t. paprika
1/2 c. grated cheese
1 1/2 c. cooked rice

1. Heat oven to 375°
2. Fry minced bacon until crisp.
3. Remove bacon from frying pan and place in casserole.
4. Add onion and green pepper to bacon fat and cook until onion is light, golden brown.
5. Place green pepper, onion, rice, tomatoes, salt, and pepper in casserole and mix thoroughly.
6. Sprinkle cheese on top and bake 25-30 minutes.

ITALIAN BEAN CASSEROLE

1 can Italian green beans, drained, or 1 package frozen, cooked
1 can mushroom soup
1 can french fried onion rings

1. Place beans in baking dish. Add undiluted soup and top with onion rings.

2. Bake at 350° about 30 minutes.

VARIATIONS:
1. If desired, onion rings may be sprinkled on top of casserole before end of baking time.
2. Cauliflower may be substituted for beans.

WHITE SAUCE

Thin White Sauce:
1 T. butter or margarine
1/2 to 1 T. flour
1/4 t. salt
1/8 t. pepper
1 c. milk

Medium White Sauce:
2 T. butter or margarine
2 T. flour
1/4 t. salt
1/8 t. pepper
1 c. milk

Thick White Sauce:
1/4 c. butter or margarine
1/4 c. flour
1/4 t. salt
1/8 t. pepper
1 c. milk

(over)

Variations of White Sauce

Cheese Sauce - for vegetable, rice, macaroni and egg dishes
Prepare medium white sauce. Stir in 1/4 t. dry mustard and 1/2 c. shredded Cheddar cheese. Heat over low heat, stirring constantly, until cheese is melted and sauce is smooth.

Cucumber Sauce - for salmon and other fish dishes
Prepare medium white sauce. Stir in 1/2 c. shredded or thinly sliced cucumber and a dash of cayenne red pepper.

Curry Sauce - for chicken, lamb, shrimp and rice dishes
Prepare medium white sauce except stir in 1/2 t. curry powder with flour.

Dill Sauce - for bland meat or fish
Prepare medium white sauce and stir in 1 t. minced fresh or 1/2 t. dill weed and dash nutmeg with the flour.

(over)

1. Melt butter in saucepan over low heat.
2. Blend in flour, salt and pepper.
3. Cook over low heat, stirring until mixture is smooth and bubbly.
4. Remove from heat. Stir in milk. Heat to boiling, stirring constantly.
5. Boil and stir 1 minute.

Egg Sauce - for salmon and other fish dishes
Prepare medium white sauce. Stir in two hard-cooked eggs, very finely chopped.

Horseradish Sauce - for beef, lamb and ham
Prepare medium white sauce. Stir in 1/3 c. horseradish and 1/4 t. dry mustard; heat thoroughly. Sprinkle with paprika before serving.

Rich Cheese Sauce - for vegetables, rice, macaroni and egg dishes. Prepare medium white sauce. Stir in 1 c. shredded Cheddar cheese, 1 t. dry mustard, 1/2 t. Worcestershire sauce and 1/2 T. cooking sherry. Heat over low heat, stirring constantly until cheese is melted and sauce is smooth.

THREE BEAN SALAD

1 can green beans
1 can wax beans
1 can kidney beans
1/2 c. chopped green pepper
3/4 c. sugar
1/3 c. salad oil

1. Drain one 1 lb. can each cut green beans, cut wax beans, and kidney beans.
2. Combine; add 1/2 cup chopped green pepper.
3. Combine 3/4 c. sugar, 2/3 c. vinegar, and 1/3 c. salad oil pour over vegetables.
4. Add 1 t. each salt and pepper; toss.
5. Chill overnight. Before serving, toss to coat beans with marinade, drain.

Serves 6 to 8

COLESLAW

1. Shred 3 c. cabbage extra fine using chef's knife or grater.
2. To avoid last-minute fuss toss cabbage with ice cubes; hold in refrigerator 1 hour.
3. Remove ice; drain. If desired, add 1/4 c. chopped green pepper or minced onion, or 1 c grated carrot and 1/2 c. raisins.

Dressing:
1. Combine 1/3 c. mayonnaise or salad dressing.
2. 1 T. vinegar, 2 t. sugar, 1/2 t. salt, and 1/2 t. celery seed.
3. Stir till sugar dissolves.

MOLDED TOMATO RELISH

1 can stewed tomatoes
1 pkg. lemon jello
1/2 t. salt
1 T. vinegar

1. Pour tomatoes into saucepan, saving can to use as a mold.
2. Bring tomatoes to a boil. Reduce heat and simmer 2 minutes.
3. Add jello, salt, and vinegar; stir until jello is dissolved. Pour into can.
4. Chill until firm.
5. When ready to use, dip can in warm water, puncture bottom of can, and unmold.

Makes about 2 cups.

THOUSAND ISLAND DRESSING

1/2 c. cream or canned milk
1 c. mayonnaise
1 hard-cooked egg, chopped
1/4 c. chopped stuffed green olives
1 t. finely chopped green onion
1 t. Worcestershire sauce
1/4 c. chopped dill pickle
Dash paprika

1. Mix all ingredients together.
2. Store in covered container in refrigerator.

STRAWBERRY SNOWBALL SALAD

1 c. boiling water
1 pkg. (3oz.) strawberry-flavored gelatin
1/2 c. port, other sweet red wine or, if desired, cranberry cocktail
1/3 c. finely chopped nuts
1 3oz. pkg. cream cheese
1 T. sugar
2 c. fresh strawberries
1/4 c. cold water

1. Pour boiling water over gelatin in bowl, stirring until gelatin is dissolved.
2. Stir in wine and cold water. Chill until slightly thickened but not set.
3. Shape cream cheese into 18 balls; roll each in nuts.
4. Sprinkle sugar over strawberries; mix gently.
5. Pour 1/3 c. thickened gelatin into 6 - c. ring mold.

(over)

INSTANT POTATO SALAD

1. Sprinkle 2 1/2 c. prepared instant potatoes with 1 t. each sugar and vinegar.
2. Add 1/2 c. chopped onion, 3/4 c. mayonnaise.
3. Add salt and celery salt to taste
4. Toss. Fold in 2 hard-cooked eggs, sliced.

Chill. Serves 4

6. Arrange cheese balls evenly in gelatin. Spoon in sweetened strawberries over the cheese balls and gelatin.
7. Pour remaining thickened gelatin carefully over berries. Chill until firm. If desired, garnish with strawberries.

VARIATION:

Frozen Strawberry Salad Glace: Omit the cold water and substitute 1 pkg. (1 lb.) frozen strawberry halves for the fresh strawberries. Add frozen strawberries and wine to dissolved gelatin. Stir until gelatin begins to thicken.

TWENTY FOUR HOUR SALAD

2 eggs, slightly beaten
1/4 c. lemon juice
3 T. sugar
dash salt
1 c. whipping cream
2 c. miniature marshmallows
2 c. pineapple tidbits
2 c. sliced bananas
2 c. mandarin oranges
2 c. seedless grapes
1 c. halved maraschino cherries

In top of double boiler combine eggs, lemon juice, sugar and salt. Cook over hot water, stirring until mixture thickens, about 5 minutes. Remove from heat; cool. Whip cream, fold into egg mixture along with marshmallows and well-drained fruit. (Slice bananas into syrup drained from pineapple to keep them from darkening; drain before adding to salad.) Cover salad; refrigerate overnight.
YIELD: 12 servings

TACO SALAD

1 lb. ground beef
1/2 envelope dry onion soup mix
3/4 c. water
1 head lettuce
1 large tomato , cut in wedges
1 small onion, chopped
1/4 c. green pepper, chopped
1/2 c. sliced black olives
1 c. shredded Cheddar cheese
1 6oz. pkg. corn chips

1. Brown ground beef. Sprinkle soup mix over meat; stir in water. Simmer uncovered 10 minutes.
2. In salad bowl, combine lettuce (torn into bite-size pieces), tomato, onion, green pepper, olives and cheese.
3. Place lettuce mixture on individual plates. Spoon meat mixture over lettuce; top with corn chips.
4. Everything can be tossed together in one bowl if desired. Serves 4-6.

DAY AHEAD LETTUCE SALAD

Put in large covered container - one layer each:
1 head lettuce, shredded
several stalks celery, sliced
1 can water chestnuts, sliced
1 pkg. uncooked frozen peas (do not thaw)
2 bunches green onions, sliced
2 c. mayonnaise - spread over top layer - sprinkle w/ 2T. sugar
Cover and marinate at least 8 hours. Before Serving, mix slightly and garnish with crumbled bacon (6-8 slices), hard-cooked eggs and grated Cheddar cheese.

FISH PATTIES

Mix:
2 c. left-over mashed potatoes
with
2 c. cocked fish
salt
1 egg
1 medium chopped onion
Make: into patty cakes
Sprinkle: cakes with a bit of flour so they will brown better
Brown: in 2 T. hot fat
Turn: once
Serve: hot

Serves 6 - 8

ENCHILADAS CASSEROLE

1 pound ground beef
3 or 4 c. corn chips
1 bunch green onions, chopped
1 4 1/2 oz. can chopped olives
1 c. shredded cheddar cheese
2 8oz. cans tomato sauce
1 t. chili powder
1/4 t. cumin

1. Brown ground beef; season to taste with salt and pepper.
2. Place a third of corn chips in greased 2 qt. casserole.
3. Top with half the beef, onions, olives and cheese.
4. Mix chili powder and cumin into tomato sauce; pour half of sauce over layered mixture. Repeat layers, beginning and ending with corn chips.
5. Bake at 350° for 45 minutes.

YIELD: 6 servings

CHILIGHETTI

3/4 c. chopped onion
1 clove garlic, mined
2 T. butter
1 pound ground beef
1 1# can tomatoes
2 1# cans chile with beans
1/2 pound spaghetti, cooked
3 c. shredded cheddar cheese
1/4 c. Parmesan cheese
1 c. sour cream

1. Cook onion and garlic in butter until soft. Add ground beef; cook until crumbly and brown. Drain.
2. Stir in tomatoes and chili; simmer about 45 minutes.
3. Remove from heat; stir in cheese until melted; fold in sour cream. Combine chili mixture with spaghetti.
4. Turn into greased 3 qt. casserole. Top with Parmesan cheese.

YIELD: 10-12 servings

PORCUPINE MEATBALLS

1 lb. ground beef
1/4 c. uncooked long grain rice
1 slightly beaten egg
1 T. parsley
2 T. finely chopped onion
1/2 t. salt
1/8 t. pepper
1 10 3/4 oz. can condensed tomato soup
1/2 c. water
1 t. Worcestershire sauce

1. Combine meat, rice, egg, parsley, onion, salt, pepper and 1/4 c. condensed tomato soup.
2. Mix thoroughly; shape in about 20 small balls and place in skillet.
3. Mix remaining soup, water and Worcestershire sauce, pour over meatballs.
4. Bring to boil; reduce heat; cover and simmer

(over)

QUICHE LORRAINE

12 slices bacon (about 1/2lb.) crisply fried and crumbled
1 c. shredded natural swiss cheese (about 4 oz.)
1/3 cup minced onion
4 eggs
2 c. whipping cream or light cream
1/4 t. salt
1/4 t. sugar
1/8 t. cayenne red pepper

1. Heat oven to 425°. Prepare pastry.
2. Sprinkle bacon, cheeses and onion in pastry-lined pie pan.
3. Beat eggs slightly; beat in remaining ingredients.
4. Pour cream mixture into pie pan. Bake 15 minutes.
5. Reduce oven temperature to 300 degrees and bake 30 minutes longer or until knife inserted 1 inch from edge comes out clean.

(over)

STROGANOFF

1 1/2 lbs. sirloin steak cut in 1/2 inch strips
1/4 cup flour
1 t. salt
2 small onions, minced
1/2 lb. mushrooms cut in pieces, or a 3 1/2 oz. can of mushrooms
1 clove garlic, minced
3 T. fat
2 T. flour
1 c. beef bouillon (canned)
1 T. Worcestershire sauce
1 c. sour cream
steamed rice for 4 -5 persons

1. Roll steak in 1/4 cup flour and salt. Saute onions, mushrooms. and the garlic in fat for 5 minutes.
2. Add steak. Brown evenly; remove meat, mushrooms and onions from pan.
3. Combine 2 T. flour with drippings in the pan. (over)

35 to 40 min, stirring often.
5. Makes 4 to 5 servings.

Note: Make the meatballs the day before and cook the second day so it fits into a class period.

6. Let stand 10 minutes before cutting. Serve in wedges.

6 main-dish servings (8 appetizer servings).

4. Add bouillon and Worcestershire sauce.
5. Cook until thickened. Add sour cream; heat slowly until gravy simmers.
6. Add meat and vegetables and heat for a few minutes.
7. Serve over hot steamed rice.

Serves 4 - 5 .

MOOSE CHASSEUR

1 c. (16oz.) tomatoes
2 lbs. moose meat cut in steaks
1 c. mushroom soup
1/3 c. chopped onion
2 t. prepared mustard
1/8 t. pepper
1/2 c. dill or sweet pickles
3 c. hot cooked rice

1. Drain tomatoes, reserving 1/2 c. liquid.
2. Cut up tomatoes in skillet.
3. Brown moose (use shortening) pour off fat. Add soup, reserved tomato liquid, onion, mustard and pepper. Cover, cook over low heat 30 minutes or until done.
4. Stir occasionally. Add tomatoes and pickles, heat.
5. Serve over hot rice. Serves 4.

QUICK SALMON SPAGHETTI

Drain and reserve the oil from 1-7 oz. can salmon.
Saute in oil and add to the fish 1/3 c. chopped onion.
Combine:
1 c condensed tomato soup
2 1/2 c. cooked spaghetti
Fold in fish. Season with: 1/2 t. sugar, a few grains cayenne, salt and paprika.

Cook until thoroughly heated.

Yield 4 servings

SWEET-SOUR FRANKS

1. Drain one 9oz. can pineapple tidbits, reserving syrup. Slice 1/2 lb. (4 or 5) frankfurters.
2. In skillet, melt 2 T. butter. Add 1/2 cup sliced onion and 1 green pepper, cut in strips; cover, cook over low heat 5 minutes.
3. Dissolve 1 beef bouillon cube in 1/3 cup hot water, mix 1 T. each cornstarch and brown sugar, and dash salt; add reserved pineapple syrup, 2 T. vinegar, 1 T. soy sauce, and bouillon. Pour over vegetables. Cook and stir till thickened.
4. Add franks and pineapple. Heat through. Serve over hot rice.

Makes 4 servings.

SALMON KABOBS

2 lbs. salmon fillets
1 c. catsup
1/4 c brown sugar
2 t. salt
8 drops Tabasco sauce
6 T. salad oil
1/4 c. vinegar

1. Cut salmon into 1 inch cubes.
2. Combine remaining ingredients; pour over cubed salmon and marinate for 1 to 2 hours.
3. Remove from sauce, and place on skewers.
4. Place skewers across a baking dish, and bake in a moderate oven, (375 degrees) for about 20 minutes.
5. Baste once during baking with extra sauce.

Serves 6

SPAGHETTI AND MEAT BALLS

3/4 c. chopped onion
1 clove garlic, minced
3 T. salad oil
2 1 lb. cans tomatoes
2 6 oz. cans tomato sauce
1 c. water
1 T. sugar
1 1/2 t. salt
1/2 t. pepper
1 1/2 t. crushed oregano
Hot cooked spaghetti

1. Cook onion and garlic in hot oil till tender but not brown.
2. Stir in the next 7 ingredients.
3. Simmer uncovered 30 minutes.

ITALIAN MEAT BALLS

4 slices dry bread
1 lb. ground beef
2 eggs
1/2 c grated Romano cheese
2 T. chopped parsley
1 clove garlic, minced
1 t. crushed oregano
1 t. salt
Dash pepper

1. Soak bread in water 2 to 3 minutes, then squeeze out moisture.
2. Combine soaked bread with remaining ingredients, mixing well.
3. Form in small balls (about 20).
4. Brown slowly in 2 T. hot oil. Add to sauce, cook 30 minutes.

VENISON HASH

Dice leftover venison meat. Put in skillet, add water just to cover. Add small onion - minced, dash of Kitchen Bouquet and Worecstershire sauce, 2 tbl. butter, minced clove of garlic, 1 tsp. lemon juice and any leftover gravy.

Simmer approximately one hour. Drain off excess juices. Season with salt and pepper. Add a small amount of current jelly and prepared mustard to taste.

CARIBOU SWISS STEAK

2 lbs. round steak, 1 in. thick
3/4 c. flour
1 med. onion, sliced
2 T. fat
2 t. salt
1 t. dry mustard
1 clove garlic, minced
¼ t. pepper
½ c. water
½c. canned tomatoes

Pound flour into steak with meat hammer. Saute onions in hot fat in a skillet. Remove from pan. Brown steak on both sides; cover with onions. Add seasonings, water and tomatoes. Cover. Cook over low heat or bake in moderate oven (350°) for about 1½ hours. Serves 6.

VENISON CASSEROLE

1 lb. venison
1 green pepper, chopped
1 onion, chopped
1 pkg. noodles
1 t. chili powder
1 can tomato soup
1 can mushroom soup
1 can cream style corn
1½ c. grated cheese
salt and pepper

Combine venison, green pepper and onion in skillet. Cook until brown. Cook noodles, drain and add to venison; add salt and pepper, chili powder, tomato and mushroom soups, corn and 1 c. grated cheese. Mix well, put in a 2 qt. casserole and sprinkle with remaining cheese. Bake at 275°F until heated thoroughly.

FOOD COMPOSITION TABLE, 100 GRAMS*

ARCTIC HEALTH RESEARCH CENTER

FOOD ITEM	Calories	Protein gms	Fat gms	CHO gms	Calcium mgs	Iron mgs	Vit A IU	Thiamine mgs	Riboflavin mg	Niacin mg	Vit C mg
Bear,black	140	19	8.2	--	--	6	250	.17	.7	3.3	2
Bear, polar	140	25.4	3.1	--	16	6	1400	.02	.6	4	2
Beaver, meat only	400	14.3	39	--	2	6	200	.06	.3	2	--
Caribou, meat	120	27.3	1.2	--	16	2.9	200	.18	.5	4.8	3
Caribou, eyes	320	10.4	30.7	1.0	24	5.2	400	.08	.2	2	--
Caribou, liver	140	5.2	5.9	16.9	--	15.4	28800	.27	2.2	8	--
Caribou, tongue	260	7.2	22.8	7.2	8	2.9	200	.18	.5	4.8	--
Caribou, bone marrow	780	2.6	84.4	1.2	752	45	200	.02	.05	2	--
Caribou, stomach contents	100	4.6	2.2	15.2	48	6	3400	.08	.3	2	--
Mink, dry	340	33	9.2	31.5	24	40	2350	.04	.5	9	--
Moose, meat only	120	25	2.5	--	8	2.7	650	.08	.27	5	6
Muskrat, fresh	100	22	1.3	--	24	7.6	2800	.09	.4	6.2	5

* information taken from unpublished manuscript, amounts listed have been rounded off

FOOD ITEM	Calories	Protein gms	Fat gms	CHO gms	Calcium mgs	Iron mgs	Vit A IU	Thiamine mgs	Riboflavin mgs	Niacin mg	Vit C mg
Muskrat, dry	440	28.6	36.2	--	120	12.6	4150	.04	.53	9	--
Squirrel, fresh	120	10.4	8.8	10.1	--	4.5	200	.09	.37	6.2	--
Squirrel, dry	440	15.6	33.1	20.8	24	13.5	350	.02	.49	10	--
Reindeer, fresh	120	26.7	1.2	--	16	2.9	200	.18	.77	4.8	--
Reindeer, liver	140	5.2	5.9	16.9	--	15.5	29300	.27	2.2	8	--
Rabbit, wild	120	20.8	5.0	--	16	3.2	--	.03	.07	6.4	--
SEA MAMMALS											
Beluga meat, fresh	100	24.7	.5	1.1	8	26.5	350	.08	.41	6.8	--
Beluga meat, dry	300	67.6	2.3	3.2	32	53	550	.05	.73	11.6	--
Beluga, flipper	280	16.9	21.7	3.2	8	2.7	950	.23	.07	3	--
Beluga, muktuk	340	19.5	29.3	--	8	1.1	2150	.23	.09	3	1.8
Beluga, liver	120	16.9	3.9	3.4	8	38.7	22100	.42	2.8	10	--

FOOD ITEM	Calories	Protein gms	Fat gms	CHO gms	Calcium mg	Iron mg	Vit A IU	Thiamine mg	Riboflavin mg	Niacin mg	Vit C mg
Beluga, eye	300	18.2	23.3	2.1	64	16	1850	.05	.31	5.6	--
Beluga, oil	900	--	100	--	--	--	2300	--	--	--	--
Oogruk meat, fresh	120	26.7	0.4	--	8	11.5	1400	.17	.27	6	--
Oogruk meat, dry	340	76.7	3.2	--	72	23.4	1350	.11	.51	15.6	3
Oogruk liver	140	24	4.9	2.1	24	27	40000	.26	2.45	3.8	--
Oogruk, oil	900	--	100	--	--	--	3750	--	--	--	--
Seal meat, fresh	140	29	3.3	--	16	20	1050	.14	.44	7	3
Seal meat, dry	240	46	6.6	--	16	35	350	.18	.36	8.8	--
Seal liver	120	18	3.2	3.6	16	13.7	366000	.18	3	8.4	11.4
Seal oil	900	--	100	--	--	--	4850	--	--	--	1.2
Walrus meat, fresh	200	20	13.6	--	16	9.4	550	.18	.34	3.2	4.2
Walrus liver	120	17	3.1	4.3	32	14.4	48500	.12	1.4	12.6	--

FOOD ITEM	Calories	Protein gms	Fat gms	CHO gm	Calcium mg	Iron mg	Vit A IU	Thiamine mg	Riboflavin mg	Niacin mg	Vit C mg
Walrus meat, dry	260	54.6	3.8	--	24	17.3	1750	.09	.29	10.2	--
Walrus oil	900	--	100	--	--	--	2950	--	--	--	1.2
Baleen meat, fresh	120	24	1.6	--	16	14	350	.14	.54	7.4	--
Baleen muktuk	540	9	56.4	--	8	5.2	750	.08	.02	.8	--
Baleen oil	900	--	100	--	--	--	2600	--	--	--	--
FISH & FISH PRODUCTS											
Blackfish	80	15.6	1.4	1.4	720	7.02	1200	--	.29	2	6
Cod,Ling	80	19.5	1.2	--	24	.54	100	.09	.29	1.4	--
Cod,Ling, liver	400	5.9	42.0	6	48	.54	3950	.18	.41	4.2	--
Cod,Ling, roe	120	18	4.5	1.2	8	1.1	1500	.1	.54	1	--
Cod, Tom	80	18.2	1.6	--	3	36	500	.17	.37	2.2	--
Cod, Tom, dry	240	60	2.1	2.4	40	1.3	300	.26	.49	5	--

FOOD ITEM	Calories	Protein gms	Fat gms	CHO gms	Calcium mg	Iron mg	Vit A IU	Thiamine mg	Riboflavin mg	Niacin mg	Vit C mg
Cod, Tom, liver	460	6.5	46.6	2.2	8	3.2	10950	.09	.48	6.2	--
Flounder, fresh	60	15	.5	--	64	.72	--	.06	.05	1.8	--
Flounder, dry	380	34	14.2	28.5	32	11	450	.18	.15	5.2	--
Grayling, fresh	100	19.5	2.0	1.0	72	2.5	600	.02	.43	1.4	4.2
Herring, fresh	100	17	2.6	--	24	.54	100	.02	.22	2.2	--
Herring, dry	280	34	10.6	14.2	24	7.6	1350	.02	.49	6.6	--
Herring, "Poke"	480	37	34.5	7.6	384	13.3	1300	.02	.26	2.2	--
Herring, roe, fresh	100	28.5	.2	1.2	48	.54	500	.02	.31	1.4	--
Herring, roe, dry	300	64	4.0	2.4	24	1.8	700	.05	.22	4.2	--
Needlefish, whole fresh	100	9.8	6.1	2.9	912	5.0	850	.05	1.4	.04	--
Pike, fresh	80	18.2	.4	--	64	.18	350	.05	.07	4.6	1.8
Pike, dry	300	69	2.8	--	32	.18	150	.08	.1	12	--

FOOD ITEM	Calories	Protein gms	Fat gms	CHO gms	Calcium mg	Iron mg	Vit A IU	Thiamine mg	Riboflavin mg	Niacin mg	Vit C mg
Salmon, Chum, dry	280	56	1.2	13.2	56	1.4	500	.36	.07	27.4	4.8
Salmon, King, fresh	160	21.5	6.2	--	8	.54	750	.14	.1	2.4	4.8
Salmon, King, dry	420	50.7	24.9	--	16	1.4	450	.11	.22	17.6	4.8
Salmon, King, roe fresh	280	30.5	15	4.6	32	4.1	200	.18	.7	.8	1.8
Salmon, King, liver fresh	160	16.9	8.0	4.3	32	2.2	3150	.09	.7	5	--
Salmon, Tipnuk, putrified	160	15	10	3.9	--	7.0	800	.02	.1	2	--
Salmon, Silver poke	380	47.5	19.4	2.0	24	8.8	1200	.2	.2	4.2	--
Smelt, Arctic or Rainbow, fresh	100	15.6	5.2	--	72	6.3	450	.02	.14	1.6	1.2
Smelt, dry	160	50.1	11.9	9.3	2264	18.5	800	--	.2	1	--
Sculpins, bullheads or devil fish, fresh	100	11.7	5.3	--	16	.18	1000	.05	.1	1	--
Trout, Dolly Varden or Arctic Char, fresh	80	15.6	2.1	1.0	8	2.7	1150	.02	.43	2.4	--
Whitefish, fresh	100	22.1	--	--	24	.18	300	.12	.15	3	--

FOOD ITEM	Calories	Protein gms	Fat gms	CHO gms	Calcium mg	Iron mg	Vit A IU	Thiamine mg	Riboflavin mg	Niacin mg	Vit C mg
Whitefish, dry	300	69	3.2	.9	64	54	750	.06	.12	10.4	--
Whitefish, heads eyes & cheeks	100	17.6	3.6	1.8	96	3.8	300	.12	.15	3	--
Whitefish, roe, fresh	80	7.8	5.0	2.4	56	1.1	7600	.15	.7	.6	--
Whitefish, liver, fresh	100	11.1	4.4	5.1	56	7.7	8300	.09	.95	2.8	--
PLANTS											
Buttercup	40	2.6	.6	5.5	56	3.1	4900	.04	.7	1.2	36
Fireweed	40	2.6	.8	7.8	64	2.2	5700	.04	.87	1.4	99
Mashu	140	5.2	2.4	24.3	--	--	--	1.04	.07	1.2	11
Mousenuts, seedlings	80	6.5	1.1	16.4	16	--	350	.14	.2	1	7.8
Mousenuts, roots	80	3.9	.1	16.8	24	--	150	.93	.07	1	16.2
Sedum roseum	40	2	1.0	7.8	176	.54	6200	.06	.22	.8	77
Sourdock	40	2.6	.5	7.8	16	.72	11800	.12	.54	1.2	82.2

FOOD ITEM	Calories	Protein gms	Fat gms	CHO gms	Calcium mg	Iron mg	Vit A IU	Thiamine mg	Riboflavin mg	Niacin mg	Vit C mg
Wild Rhubard	60	3.9	.5	9.2	80	.36	4500	.12	.54	1.2	39
Willow leaves	120	4.6	1.4	23.8	408	2.7	18700	.09	.19	2.4	240
Willow leaves in seal oil	580	2.6	60.4	8.4	56	1.4	6850	.04	.09	1.2	196
BERRIES											
Blackberries	58	1.2	.9	13	32	.9	201	.03	.04	.42	20.8
Blueberries	62	.69	.48	15.3	15.3	1.03	103	.02	.06	.48	13.8
Cloudberries	40	1.3	.8	7.7	16	.72	250	.04	.07	1	185
Cranberries, low-bush or linggenberry	40	.3	.5	11.1	16	.36	100	.04	.07	.04	21
SEAWEEDS											
Agarum(Agahtoo)	100	3.9	.2	19.3	720	--	--	.03	.09	--	33
Alaria(Stukruk)	80	1.3	.4	18.6	304	--	--	.08	.1	--	69
Laminaria(Squak)	60	.7	.2	11.9	136	--	--	.04	.1	--	50

FOOD ITEM	Calories	Protein gms	Fat gms	CHO gms	Calcium mg	Iron mg	Vit A IU	Thiamine mg	Riboflavin mg	Niacin mg	Vit C mg
BREADS											
Bread, sourdough	300	5.2	13.9	38.2	.04	2.9	--	.24	.15	2.2	--
Bread, yeast	280	7.2	3.7	53.7	120	3.1	--	.24	.15	2.2	--
Pancakes, sourdough	260	4.6	18.0	20.4	104	3.2	--	.24	.15	2.2	--
CRACKERS											
Graham	420	7.8	10.0	74.3	24	2.0	--	.06	.03	1	--
Jersey creams	440	2.6	15.0	72.6	184	.9	--	--	--	--	--
Pilot Bread	480	3.9	25.0	59.6	168	1.4	--	--	--	--	--
Saltines	420	9.1	11.8	71.1	8	1.1	--	.06	.03	1	--
Soda, plain	420	.8	9.6	72.7	24	1.1	--	.06	.05	1.2	--
BIRDS, WILDFOWL, EGGS											
Auklet, crested	140	29	3.4	--	16	--	--	.53	.73	--	10.8

FOOD ITEM	Calories	Protein gms	Fat gms	CHO gms	Calcium mg	Iron mg	Vit A IU	Thiamine mg	Riboflavin mg	Niacin mg	Vit C mg
Auklet, least	140	29	3.4	--	16	--	--	.53	.73	--	10.8
Auklet, white breasted	140	29	2.2	--	24	--	--	.48	.66	--	6
Cormorant	100	22.8	1.9	--	16	--	5	.12	.48	--	15
Duck, eggs	80	13	14.3	.8	56	2.9	1250	.18	.29	.2	--
Duck, Eider	100	19.5	2.9	1.4	8	6.7	3	.8	.7	8	12
Duck, Scoter white-winged	80	11.7	.4	8.4	8	10.1	6	.8	.7	8	--
Goose, Cackling	100	24.1	.6	--	16	4.9	4	.18	.5	9.4	--
Goose, liver	80	16.9	2.2	.4	32	--	--	.56	.88	--	--
Owl, horned	140	20.8	5.0	1.3	16	4.9	7	.17	.75	7.2	--
Ptarmigan, willow	100	23.4	1.5	--	64	7.7	9	.17	.75	2.2	1.8
Puffin, crested	120	26.7	2.5	--	16	--	100	.32	.36	--	--

Housing / Home Management.

TEACHING TOPICS

Housing Choices

1) Influence of wants, needs and values on housing choices
2) Availability of resources - time, money, energy, skills
3) Types of housing alternatives - apartments, mobile homes, single family dwellings, condominimums, etc.
4) Financial considerations - rent vs. own, cost of utilities, maintenance costs, insurance, etc.

Organizing Living Spaces

1) Floor plans and traffic lanes - appropriate use of space
2) Furniture arrangement - for both function and beauty
3) Storage in the home
4) Space that can serve dual purposes

Personalizing Living Spaces

1) Elements of design - line, shape, texture, color, space
2) Floor and wall coverings - types, use and care
3) Window treatments - types, use in energy conservation
4) Furniture - styles, use in room decoration, function vs. aesthetics, care
5) Lighting
6) Accessories - pictures, plants, mirrors, etc.

Home Management and Maintenance

1) Work simplification and organization techniques
2) Time management
3) Daily, weekly and seasonal household tasks - indoors and out
4) Choosing appropriate tools/products for household maintenance
5) Home repairs - simple plumbing, electrical and structural repairs
6) Alaskan problems in home maintenance - mildew, condensation, weather extremes, etc.
7) Health and safety - pest irradication, fire prevention, first aid, what to do in case of power failure, etc.
8) Energy conservation techniques - insulation, caulking, use of water and fuel, etc.

Purchasing of Housing Related Goods and Services

1) Sources of consumer information related to housing
2) Identification of fraudulent/deceptive trade practices related to housing - home repair, home contracting, etc.
3) Home appliances - large and small

Purchasing of Housing Related Goods and Services (cont.)

4) Insurance - types, how much to buy, advantages and disadvantages
5) Home loans - home improvement and energy conservation
6) Housing contracts - understanding rental agreements and mortgages

TEACHING ACTIVITIES

Have students...

Brainstorm a list of suggestions to be presented to the principal or head teacher for improving the look of the school.

Analyze a magazine picture of an attractive room and explain how the basic elements of design create the special look of the room.

Choose any emotion (anger, joy, jealousy, etc.) and design a collage using colors, lines, textures and shapes to express the feeling.

Design a low-cost, do-it-yourself storage unit for a particular room in their house. Describe what materials are necessary, how much it would cost to make and how much time and labor would be required.

Write a letter to their individual families explaining how they feel about privacy.

Use magazine pictures and make a portfolio of good ideas on how to use accessories.

Describe and evaluate the space they currently use for studying or working on hobbies. How could it be improved?

List household jobs they think are fair for teenagers to be responsible for. Discuss why class members' lists are different.

Pick a home repair technique to demonstrate to the class. Prepare appropriate hand-outs for other class members.

Discover various safety hazards "set-up" by the teacher - can use pictures or actually simulate situation in kitchen area. Examples might be: partially open drawer or door, electric cord plugged into a socket but not into an appliance, scissors or knife placed near edge of a table or counter, pot handle extending over the edge of the range, etc.

Find or draw pictures to illustrate one or more of the following: multipurpose rooms, ways to extend inside living space, ways to create the illusion of spaciousness, ideas for increasing storage space.

Find pictures in magazines to illustrate the following: warm and cool colors, each type of color harmony, each design element, each design principle and various background treatments.

Make a list of the major appliances in their homes. Locate the warranty and instruction booklet and describe the kinds of information given.

Brainstorm for ways to conserve energy at school, in their homes and places of business. Prepare list that can be taken home.

Choose a project for beautifying the outside of their homes. Examples: clean up litter, plant flowers, make a windowbox or paint steps.

Use consumer information materials or conduct experiments to determine the following: how much electricity it takes to prepare certain foods in a microwave oven compared to a regular electric or gas oven, how much heat is lost every time the oven door is opened, what kinds of pans retain the most heat so baking can be done at 25 degrees lower than called for in recipes, how to prepare several foods in the oven at one time when each requires a slightly different cooking temperature, how much time it takes to cook frozen food compared to thawed food, how much energy is lost each time the refrigerator door is opened, etc.

Make a floor plan for a bedroom to be shared by two sisters or two brothers. Plan for the privacy, convenience and comfort of each person.

Demonstrate how to put out various kitchen fires. Also demonstrate how to use a fire extinguisher.

Compile a class list of techniques for saving time when doing household chores.

Determine what it would cost to move into an apartment and be on their own for a year. Include such costs as: insurance, rent, utilities, automobile, entertainment, food, clothing, etc.

Practice first aid techniques on each other.

Determine the amount of energy it takes to operate various small appliances - toaster, electric skillet, blender, mixer, waffle baker, etc. Compare this to the amount of energy needed to prepare similar foods on the stovetop or in the oven.

Write for consumer literature related to housing topics. Choose one to read and report on in class.

Determine the services a home manager performs for the family. Find pictures representing the various roles - cook, consumer, chauffeur, counselor, decorator, nurse, housekeeper, bookkeeper and others. Discuss the implications of everyone being a home manager.

Discuss in class various ecological/environmental issues related to Alaska. Form opinions regarding what should be done about these. Write letters to both State and U.S. senators and representatives telling them how the class feels and what they would like to see done about that particular issue.

Find old furniture to be repaired and reupholstered - perhaps the school's, teachers' or students' own. Repair the furniture and then refinish or reupholster.

Draw floor plans and decorate each room with pictures from catalogs - one sheet of paper for each room.

Watch a house being built in the community. Record what is done at each stage. Evaluate the quality of construction.

Others...

MAJOR TOPIC	RESOURCE	SOURCE
Housing Choices	Any resource materials on wants, needs, values, goals, etc. listed in other sections of guide.	
	Consumer Decisions in Housing - CONCEPTS in FOCUS - multi-media teaching unit that helps students compare costs of different housing alternatives, explore consumer and tenant rights and makes them aware of the many costs involved in purchasing a home like moving, taxes, upkeep, insurance and legal fees. Includes f/s, cassette, wallchart and teacher's guide ($39.00)	Butterick
	Housing Alternatives - CONCEPTS in FOCUS - multi-media teaching unit which looks at the many housing alternatives available. Includes one f/s, cassette, wallchart and teacher's guide ($39.00)	"
	Homes for the Life Cycle - CONCEPTS in FOCUS - multi-media teaching unit which looks at the different housing and home furnishing needs of families in various stages of the life cycle. Includes f/s, cassette, wallchart and teacher's guide ($39.00)	"
	Home Insurance describes fire insurance and how premiums are determined as well as the various kinds of policies available. Includes one f/s, cassette and teacher's guide ($24.95)	Interpretive Education
	Housing - Learning Activity Package - investigates all types of housing with emphasis on renting. Reproducible materials ($12.95)	UNIGRAPH
Organizing Living Spaces & Personalizing Living Spaces	Interior Design discusses color, utilization of space, light, floor plans, traffic lanes, etc. Two f/s and teacher's guide ($41.00)	Franklin Clay Films
	Ethan Allen Home Fashion Course contains four f/s, cassettes, decorating idea text, student booklets, furniture charts, color wheels and teacher's guide ($35.00)	Ethan Allen
	A Welcome Home Kit teaches students how to plan living spaces, how to use color, texture and design elements; and how to purchase and care for furniture and carpet. Includes f/s, cassette, student booklets and teacher's guide ($8.00)	Sperry & Hutchinson Co.
	Homes: Today and Tomorrow. 49 visual masters which accompany text ($9.00)	Chas. A. Bennett
	How To Decorate Your Home - Basic Kit ($15) Advance Kit ($25) Includes most items needed in working with decorating concepts and principles.	Sears

MAJOR TOPIC	RESOURCE	SOURCE
Organizing Living Spaces & Personalizing Living Spaces	Home Decoration Series portrays all aspects of home decoration with special attention to individual tastes and interests. Also includes numerous examples of room arrangement and decorating problems with their solutions. Program 1: Elements and Principles of Design; Selecting Furniture; Arranging Furniture - Program 2: Selecting Tableware; Selecting Fabric; Lighting; Decorating - An Individual Approach. Each program contains four f/s, cassettes and teacher's guide ($76.00 each)	McGraw-Hill
	Living Color - CONCEPTS in FOCUS - multi-media teaching unit which discusses the impact of color in home decoration. Terms like hue, value, intensity, shade and tint are clarified, and the basic color schemes are explained ($39.00)	Butterick
	Housing and Home Furnishings: Your Personal Environment gives practical information for students getting out on their own. Covers everything from home design and decorating to maintenance and financing. Includes four f/s, cassettes, spirit masters and teacher's guide ($85.00)	"
	Plan-It-Kit contains over 80 punch-out furniture shapes for planning living spaces ($4.00)	NASCO
	3-D Furniture Arranging Kit contains three-dimensional furniture pieces for planning living spaces ($10.00)	"
	Interior Design Series help students combine smart economics and pleasing esthetics in creating their own living environments. Basic information is provided about housing, living plans and space arrangements. Students learn the principles of interior design and decoration. Program 1: A Living Environment, Program 2: Working with Space, Program 3: Working with Backgrounds and Program 4: Creating Personal Space. Each program includes two f/s, cassettes, wallchart, transparencies, spirit masters and teacher's guide ($75.00 each or $250.00 for entire series)	"
	Kitchen Planning and Home Storage booklets (FREE)	Rubbermaid
	Home Decorating Handbook - A Consumer's Guide to Selecting, Purchasing and Caring for Home Furnishings ($3.95)	Butterick
	Home Decorating: A Practical Approach is designed to help students understand interior decorating in terms of their own experience and	Chas. A. Bennett

MAJOR TOPIC	RESOURCE	SOURCE
	interest. Five different programs explore - Floor Plans and Traffic Patterns, Color - What It Means to You, Accessories are the Key, Your Budget and You, and The Eclectic Approach. Five f/s, cassettes and teacher's guide ($99.00)	
Home Management and Maintenance	Caring for a Home is a self-contained learning package containing games, student worksheets, spirit masters, transparency masters and teacher's guide ($3.50)	Proctor & Gamble
	How to Clean an Apartment discusses the what, when and how of the most important cleaning situations. Includes one f/s and cassette ($23.00)	Franklin Clay Films
	Reupholstering - two f/s and cassettes and Simple Household Repairs - three f/s and cassettes ($41.00 and $52.00 respectively)	"
	Fixing Furniture - Peter Jones ($5.00)	Butterick
	Practical Skills for the Homemaker: How to Refinish Wood Furniture, How to Hang Wallpaper, How to Make Minor Electrical Repairs, How to Paint Interior Walls and Trim and How to Make Simple Plumbing Repairs. Five f/s and cassettes ($82.50)	Centron Films
	Garage Sale card game encourages students to be resourceful ($6.00)	NASCO
	Management - All Around the House gameboard and cards ($11.00)	NASCO
	Basic Concepts in Home Economics: Program 2 Management helps students develop consumer and home management skills by teaching them how to set priorities, identify resources and follow-through. Four f/s, cassettes, spirit masters, transparencies and teacher's guide ($85.00)	Butterick
	Play It Safe game teaches students to develop an awareness of potential household dangers and encourages accident prevention habits and attitudes ($8.95)	NASCO
	The Energy Crisis - Learning Acitivity Package (LAP). Reproducible sheets ($12.95)	UNIGRAPH
	various pamphlets on building homes in Alaska	Cooperative Extension Service

MAJOR TOPIC	RESOURCE	SOURCE
Home Management and Maintenance	Management for Living teaches students how to achieve goals through a planning/controlling/evaluating process. Program 1: Management Principles and Program 2: Resource Management. Each program includes four f/s, cassettes, transparencies, spirit masters, wallchart and teacher's guide ($98.00 each)	Butterick
	Management Skills for Creative Living - softbound text ($4.95)	"
	Safety in the Home gives practical hints for making homes hazard free. Includes f/s, cassette and teacher's guide ($24.95)	Interpretive Education
	Basic First Aid shows treatment for twelve common injuries, including cuts, bleeding, burns, animal bites, poisoning and choking. Includes two f/s, cassettes, first aid chart and teacher's guide ($69.95)	"
	Home Maintenance explains how to do basic repairs around an apartment or house. Includes two f/s, cassettes and teacher's guide ($46.95)	"
	The Energy Crisis Comes Home discusses the elements and the importance of an energy-efficient home. Students learn how to improve energy use through dozens of active and passive conservation techniques. Includes f/s, cassette, spirit masters, wallchart and teacher's guide. CONCEPTS in FOCUS ($39.00)	Butterick
Housing Related Goods and Services	consumer information catalogs - Consumer Information Center and Supt. of Documents	
	Gyps and Frauds - multi-media program which deals with various deceptive schemes. One deals with housing repair contractors (?)	Changing Times
	Alaska Landlord-Tenant Law	CES or Alaska Consumer Protection
	write for product information on appliances from manufacturer - Hamilton Beach, Westinghouse, Whirlpool, General Electric, Sunbeam, etc.	
	Loans shows students how to apply for a loan, the different kinds of loans available, the different places to get loans and the importance of understanding the loan contract as well as the consequences and responsibilities of repaying a loan. Includes f/s, cassette and teacher's guide ($24.95)	Interpretive Education

MAJOR TOPIC	RESOURCE	SOURCE
All Areas	***Films - Selected Titles***	Ak State Film Library
	Accidentally Yours	
	Accidents Don't Happen	
	Bush First Aid - Parts I & II	
	Color Keying in Art and Living Design	
	Design for Living	
	Fire Prevention - In the Home	
	Fire Safety Is Your Problem	
	First Aid Action	
	First Aid - Checking for Injuries	
	First Aid - Fundamentals	
	First Aid - Parts I & II	
	How to Have an Accident in the Home	
	Let's Be Safe at Home	
	Safety in the Home	
	Stop the Fire Thief	

MAJOR TOPIC	RESOURCE	SOURCE

Consumer Education/ Resource Management

TEACHING TOPICS

Personal Resources

1) Identification of personal resources - money, time, health, skills, etc.
2) Differentiating between needs and wants
3) Goal setting and resource allocation
4) Values clarification
5) Decision making and implementation

Money Management

1) Planning - influences of values, wants and needs on spending, fixed and flexible expenses, paycheck deductions
2) Making and keeping a budget
3) Importance of savings
4) Understanding taxes - types, purpose, how to file an income tax return, etc.

Banking

1) Types and services of banks - credit unions, savings and loan, etc.
2) Opening a savings and checking account - deposits and withdrawals, filling out proper forms, etc.
3) Using a checking account - costs, how to reconcile a bank statement, advantages and disadvantages, etc.
4) Consumer loans - types, interest rates, etc.

Credit

1) Understanding how credit works - "buy now, pay later," advantages and disadvantages, etc.
2) Sources, types and uses
3) Responsibilities of lender and borrower in a credit transaction
4) Understanding credit contracts - annual percentage rate, garnishment of wages, etc.
5) Comparing costs of different types of credit

Consumer in the Marketplace

1) Identifying and evaluating sources of consumer information - public and private agencies, advertising, consumer groups, magazines, etc.
2) Shopping skills - comparison shopping, warranties/guarantees, label reading, judging quality, catalog ordering, etc.
3) Consumer protection - rights and responsibilities of consumers, state and federal agencies, consumer legislation, how to "complain", legal aid services, etc.

TEACHING ACTIVITIES

Have students...

Make a chart that illustrates their needs and wants. Number them in order of importance. Compare charts with other class members. How can these lists be used to achieve goals?

Make a poster that illustrates their own unique resources - i.e. can sew, know how to draw, can build things with wood, fix bikes, tune-up cars, etc.

Evaluate the skills and talents of three of their friends. How could all four individuals share individual resources with one another?

Make a list of all their activities done each morning before school. Show how they budget their time time each morning on a picture of the face of a clock. Number activities in order to show which ones they would skip if they overslept.

Keep a three-week record of how they spend their money. What pattern can they see in their spending? How might a budget change this pattern?

Ask five friends to list, in order of preference, the first ten things they would buy or do if they were suddenly given a large amount of money to spend. What does this show about their goals and priorities? Compare with their own.

Make a collage that shows all the different kinds of decisions they take part in - ranging from the snacks they eat to how they choose to spend their time.

Look at a copy of a magazine aimed at teens. Make a list of all the products advertised. How many different brands for each product are there? What general categories do these products fall into? Which of these categories would probably not be found in a magazine aimed at adults? Why?

Pick a common classroom object and write a "sales pitch" that would convince classmates to buy it.

Create "commercials", using various advertising appeals, to sell a common product. Choose one product but use different appeals.

Write a letter of complaint to the manufacturer of a product they bought that proved unsatisfactory. Exchange letters and discuss how to make them more effective.

Make up a list of all the things they would test if they were writing an article on the "Best Buy in _____.' Also describe any special equipment they would design to help them conduct their tests.

Make consumer guides for various items frequently purchased by teens, i.e. jeans, shirts, grooming items, etc.

Discuss the true value of special offers such as trading stamps, "free" gifts, etc. intended to attract consumers to buy at a particular store.

Study the cost of buying a color TV with cash, by check, with a credit card or on an installment buying plan from the store. Which process costs the most in terms of money?

Debate the following: A family's level of living is determined by values and goals more than by the size of income.

Make bulletin boards to illustrate some typical goals of teens and the values on which these goals might be based.

Keep a record of their income and expenses for two weeks. At the end of two weeks, summarize the results on an unsigned sheet of paper. Have a committee make a chart to show how people in the class used money.

Find out about the credit laws governing loans in Alaska. What is the maximum permissible rate for various types of loans? Why is this good information to know?

Prepare a bulletin board illustrating the changing needs and uses of credit by a family at different stages of the life cycle.

Listen to someone who works with low-income families discuss some of the problems these families have in using credit.

Plan and organize a "white elephant" swap of clothing and accessories that class members are willing to discard. Each student gets one or more credit units on slips of paper for each item contributed. Have a committee price the items - a certain number of credit units for each item. Then select an auctioneer and take bids. Students purchase items with their credit slips. Afterwards, discuss the fact that one person's white elephant is another person's gold mine!

Make a list of the prescription and over-the-counter drugs they can find at home. Compile a class list and discuss any implications of the list.

Collect court cases involving problems about contracts. Discuss in class. Consider the following: what is the basis of the disagreement and why are the two parties arguing about it?

Using a sample case, balance the monthly statement for a checking account.

Complete a short federal income tax form 1040 using teacher-made hypothetical situations.

Read through various life insurance policies. Clarify any confusing sections.

Using actual "dummy" samples obtained from a bank, have students open an account, deposit money, write out and endorse checks, etc. Can be used along with similuation in catalog ordering.

Read the utility meters at their homes. Figure the cost of consumption over a month's period. Keep track of peak periods of energy consumption.

Practice comparison shopping skills by "shopping" at a local store or by using catalogs. Compare brands, what you get for the price, etc.

Others?

MAJOR TOPIC	RESOURCE	SOURCE
Personal Resources	Deciding provides students with strategies for good decision-making. Open-ended activities help students explore their interests, alternatives and priorities; gather and evaluate information; establish goals and estimate risks. Set of 10 copies of activity book and teacher's guide ($18.00)	Lakeshore
	Decisions and Outcomes is an advanced version of Deciding and places an emphasis on the application of decision-making strategies. Set of 10 copies of activity book and teacher's guide ($18.00)	"
	Priority Simulation Game helps students to work together in making group decisions. They learn to then apply this knowledge to decision-making problems in their own lives. Materials for 30 students and teacher's guide ($16.95)	"
	Life Goals: Setting Priorities helps students develop the skills they need to make competent decisions about life goals and values. Students learn to: clarify and prioritize values, gather and evaluate information, establish realistic goals and weigh the risks involved in decisions. Three f/s, cassettes and teacher's guide ($99.00)	"
Money Management	Family Financial Management - A Simulation teaches students about budgeting and making financial transactions. Contains record book, checkbook, files, transactions and source documents ($5.00)	South-Western
	Filing Income Tax Returns and Get It From the Wish Book are self-contained workbooks that simulate real life situations (approx. $4.00 each)	Adult Literacy Lab of ACC
	Your Guide for Teaching Money Management emphasizes economic concepts for consumers - values and goals, income, money management, consumer purchasing decisions, consumer credit, savings, insurance and investments, and consumer rights and responsibilities. Each concept is supported by generalizations, instructional objectives and selected readings for background information. The guide also contains student learning experiences with follow-up discussion questions(50¢)	Money Mngt Institute (MMI)
	Understanding Taxes is a program available from the Internal Revenue Service. Student workbook contains historical information on taxes, purpose of taxation, how to fill out the necessary forms, vocabulary, etc. Three films also available - What Happened to My Paycheck?(deductions)	IRS

MAJOR TOPIC	RESOURCE	SOURCE
Money Management	Money Talks (history of and background on taxation) and the Subject Was Taxes (soon to be released). Student workbooks are available free and in quantity and the films are a free loan.	IRS
	Budget Stretcherrrrr is a card game which helps students learn ways to combat high food costs ($8.95)	Nasco
	Payroll Deductions, Budgeting, Inflation and Recession - Learning Activity Packages (LAPS) are self-contained and ready to use mini-courses. Reproducible and can accommodate groups of any size and students can work them on their own. Most written at 7th grade level but some available for the low ability reader so check before purchasing ($12.95)	UNIGRAPH
	Money Talks explains the techniques of setting up a money management plan, using three separate case studies. One f/s, cassette, spirit masters and teacher's guide ($4.50)	MMI
	Current Consumer is a student magazine which teaches students how to handle money, what to buy, where to shop, when to spend, when to save, what consumer rights are, who can help, etc. ($3.75/student, minimum of 15 subscriptions)	Curriculum Innovations
	Money Management Booklets: Your Financial Plan, Your Food Dollar, Your Clothing Dollar, Your Housing Dollar, Your Home Furnishings Dollar, Your Equipment Dollar, Your Shopping Dollar, Your Automobile Dollar, Your Recreation Dollar - can be purchased separately (50¢ each) or as a entire set ($5.00)	MMI
	A Guide to Budgeting for the Family and Money Management correspondence course (see Extension agent) (FREE)	CES
	Money Management and Budgeting Your Money are multi-media teaching units. Each program contains four f/s, cassettes, student activity sheets and teacher's guide ($115.00)	Pictures Inc.
	Personal Finance - chapter on Money Management. Consumer and Homemaking curriculum guide.	Alaska DOE
	Personal Finance: You and Your Money helps students grasp how money works, what taxes are, the purpose of insurance and consumer rights. Program 3	Butterick

MAJOR TOPIC	RESOURCE	SOURCE
Money Management	of Independent Living Series. Contains six f/s, cassettes, spirit masters and teacher's guide ($195.00)	
	The Consumer Process and The Planning Process are two programs from the Consumer Education Series which deal with such topics as differentiating between wants and needs, supply and demand, buying habits, personal goals and values, budgeting and planning ahead. Each program contains three f/s, cassettes, spirit masters and teacher's guide ($85.00)	Butterick
Banking	Security First National Bank - A Banking Simulation takes students through the process of setting up an account, depositing and withdrawing money and balancing a checkbook. Contains teacher's guide, checkbook and register, deposit slips and file envlopes ($5.00)	South-Western
	Where Did All My Money Go is a self-contained workbook that simulates banking transactions (approx. $4.00)	Adult Literacy Lab at ACC
	Skills for Living Unit 2: Coping as a Consumer encourage students to use math skills in order to carry out day-to-day operations. Includes several banking simulations such as balancing a checkbook, filling out deposit slips, etc. Contains many other areas as well ($19.95)	Lakeshore
Credit	Be Credit Wise discusses the types and sources of consumer credit, how to evaluate them, the benefits offered by their wise use, and the troubles that come with misuse. Includes f/s, cassette and teacher's guide ($3.50)	MMI
	When You Use Credit is a leaflet (low ability reading level) which presents basic guidelines for knowing when to use credit, the kinds of credit available, and the costs of credit (50¢)	MMI
	The Name of the Game is Credit is a simulation game which teaches consumer credit decision-making. High school and college level ($45.00)	Nasco
	Consumer Credit discusses advantages and disadvantages to using credit, credit ratings and federal credit legislation. Includes four f/s, cassettes, student activity sheets and teacher's guide ($115.00)	Pictures Inc.
	Credit and Credit Card LAPs are self-contained and ready to use mini-courses. Reproducible ($12.95)	UNIGRAPH

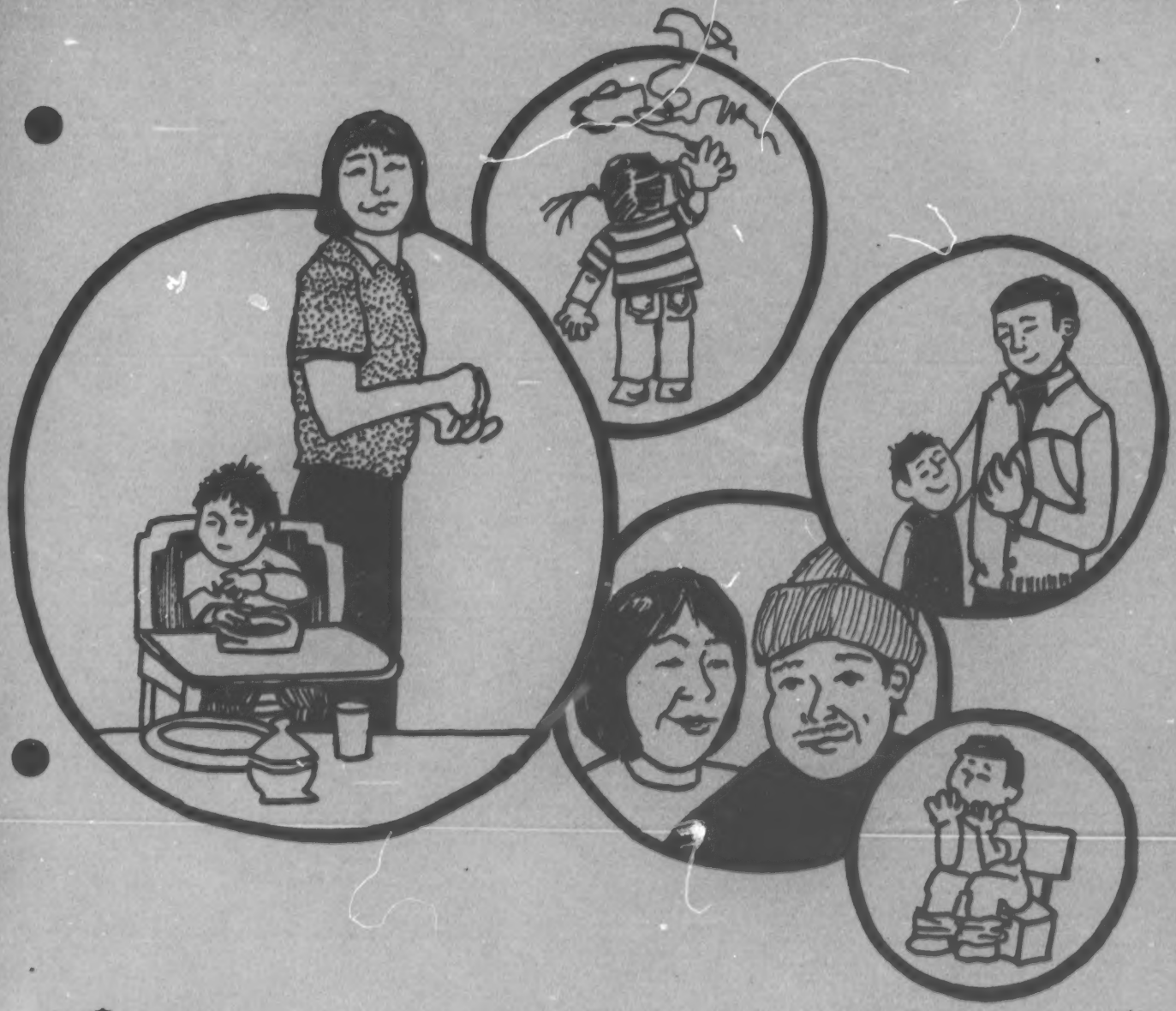
MAJOR TOPIC	RESOURCE	SOURCE
Consumer in the Marketplace	Consumer Information Catalog is a quarterly publication that lists all sorts of free and low cost materials that can either be used as reference materials or as student handouts. Available in classroom quantity.	Consumer Information Center
	A Department Store in the Classroom is a guide to using general merchandise catalogs and other community resources (FREE)	Sears
	Teaching Tools for Consumer Reports contain teaching ideas related to each monthly issue of Consumer Reports. One year subscription($8-10)	Consumer's Union
	The Buying Process, The Legal Process, The Action Process. Programs 3,4 and 5 in Consumer Education Series. Program 3 deals with advertising, program 4 teaches students about consumer rights and program 5 looks at the trade-offs between spending time and money and the options open to do-it-yourselfers. Each program contains three f/s, cassettes, spirit masters and teacher's guide ($85.00 each)	Butterick
	The Informed Consumer teaches students to be responsible consumers, acquaints them with potential consumer pitfalls and shows them how to make wise buying decisions. Four f/s, cassettes, student activity sheets and teacher's guide ($115.00)	Pictures Inc.
	Looking For Me: Understanding Consumer Behavior in the Marketplace relates students' individual experiences, self-concepts and needs and wants to their consumer behavior. Contains f/s (A Consuming Need to Know), cassette and 12 sequential learning activities (Purchase or free loan)	JC Penney
	The Law as a Tool: Consumer Protection provides background information on the basic principles of consumer protection. Activities include a value continuum, case studies, an auction, cost-of-living comparisons, job survey, four posters and ideas for additional activities. Also includes f/s and cassette. Suitable for high school and adults (Purchase or free loan)	"
	Guide to Instructional Resources for Consumers' Education: references, landmark materials, bibliographies, curriculum guides, developmental resources, consumer issues, behavior and protection, periodicals, films and filmstrips ($2.10)	Supt. of Documents

MAJOR TOPIC	RESOURCE	SOURCE
Consumer in the Marketplace	Consumer Contracts, Advertising, Comparison Shopping, Consumer Rights and Responsibilities, Labels on Food and Clothing - LAPs. Reproducible sheets and teacher's guide ($12.95 each)	UNIGRAPH
	Reading the Contract explains the fine print in apartment leases, warranties, credit agreements; points out pitfalls of book and record clubs and more. Ten student activity books ($12.50)	Lakeshore
	Heeding the Label stresses the need to read labels on food packages, drug prescriptions, cosmetics, clothing, toxic materials and more. Ten student activity books ($12.50)	"
	Department Store Consumer encourages students to read in order to understand discounts, credit, warranties, monthly bills and more. Ten student activity books and teacher's guide ($56.95)	"
	Understanding Advertisements requires students to fill out order forms, read ads for clothing, appliances, services and more. Duplicating masters($7.95)	"
	Protecting Your Rights Program motivates students to become aware of their legal rights and obligations as students, as family members, as employees as tenants, etc. Contains six f/s, cassettes, 12 reproducible worksheets and teacher's guide ($110.00)	"
	Consumer Law helps students become aware of their options as consumers as they learn about credit, warranties, leases, debt and more. Eight cassette-directed lessons with student worksheets($13.95)	"
	Consumer Education teaches students how to get full value for their money. Discusses methods and techniques of wise shopping. Five f/s, cassettes and teacher's guide ($99.95)	Interpretive Education
	Consumer Awareness identifies gimmicks used in ads, the cost of products and methods used to prompt purchases. One reproducible workbook, one cassette and teacher's guide ($14.95)	"
	Consumer Advertising gives background information on advertising's role in bringing a product to market. Includes f/s, cassette, student worksheets and wall chart ($7.00)	Proctor & Gamble

MAJOR TOPIC	RESOURCE	SOURCE
Consumer in the Marketplace	What's Behind a Warranty. Includes f/s, cassette, student activity sheets and teacher's guide ($16.00)	Corning
	Consumer Choice explains marketplace concepts. Includes f/s, cassette, student worksheets and teacher's guide ($7.00)	Proctor & Gamble
	Personal Finance. Consumer and Homemaking curriculum guide.	Alaska DOE
All Areas	***Films - Selected Titles***	AK State Film Library
	Consumer Complaints - The Right Way Consumer Education - Budgeting Consumer Education - Installment Buying Consumer Education Retail Credit Buying Label Logic Read Before You Write The Silent Spring of Rachel Carson (ecology) Six Billion Dollar Sell (advertising) To Eliminate All Unreasonable Risk (product safety) Your Credit is Good	

TEACHING RESOURCES

MAJOR TOPIC	RESOURCE	SOURCE



Child Development/ Parenting

TEACHING TOPICS

Human Sexuality *

1) Physical and emotional changes during adolescence
2) Human reproduction and conception
3) Contraception - methods of birth control, family planning
4) Personal hygiene - venereal disease
5) Community resources

Planning For Parenthood

1) Responsibilities of parenthood
2) Reasons for having children
3) Heredity - birth defects, genetic counseling, etc.
4) Alternatives to natural parenthood - adoption, foster children, etc.
5) Community resources

Pregnancy

1) Physical and emotional changes
2) Factors influencing pregnancy - diet, drugs, alcohol, tobacco, stress, physical activity, age, etc.
3) Prenatal growth and development
4) Role of father during pregnancy
5) Ending a pregnancy - miscarriage, abortion, etc.

Childbirth

1) Methods of childbirth
2) Complications of childbirth
3) Care of baby immediately after birth

Babyhood Years (0-2)

1) Physical and emotional needs - feeding, clothing, bathing, protecting, loving, etc.
2) Physical and mental development - physical growth, body control, awareness of environment, learning appropriate skills (eating, dressing, grooming, play, etc.)
3) Roles and responsibilities of both parents in raising children
4) Adjustments of new family
5) Babysitting - do's and don'ts

Early Childhood Years (2-5)

1) Physical, emotional, intellectual and social development
2) Health and safety needs

Early Childhood Years (cont.)

3) Importance of play - what children learn through play, choosing appropriate toys, planning play activities, learning how to play with children, reading stories to children, etc.
4) Important learning skills - self-help, social, play and intellectual
5) Language development
6) Self-esteem
7) Sex roles - socialization, developing positive attitudes, avoiding sex-role stereotyping
8) Preparation for school

Child Guidance

1) Discipline
2) Television for children - pros and cons
3) Child abuse and neglect
4) Fears of children
5) Teaching children about death

Children With Special Needs

1) Mental, physical and learning disabilities
2) Gifted and talented children
3) Coping with special needs children
4) Community resources

*NOTE: Make sure there is administrative and community support before beginning a unit on human sexuality. An excellent technique for teaching this unit is to utilize individuals from the community, i.e. minister, public health nurse, mid-wife, etc.

TEACHING ACTIVITIES

Have students...

Interview a young parent to find out how life changed after the baby was born. What are some of the rewards of parenthood that a parent enjoys?

Prepare a photo essay on parenthood. Use actual family photos of pictures from magazines. Write captions for each picture.

Start a scrapbook or card file of games and stories to use when caring for children.

Divide into groups of 2 or 3 and list 10 safety rules relating to children. Compile lists from all groups and write out on construction paper and post in room.

Clip out newspaper or magazine artilces which relate to child injuries. Discuss how the accident might have been prevented.

Write down one or two questions they have always wanted to ask about family life in general, sex education or a specific topic being covered. For example: What have you always wanted to know about sex? What have you always wanted to know about birth control?

Complete open-ended sentences to reveal attitudes, beliefs, misinformation, etc. This can either be written, collected and discussed; or it can be done verbally. Or a "graffiti board" can become a permanent fixture in the room with students making additions throughout the course. Examples: Love is... Sex is... Babies need... A good mother is... VD is...

Look in mail order catalogs under the toys section. Make a note of the kinds of toys made for different age groups. What are the differences?

Display different articles of baby clothing. Discuss what makes them easy or hard to put on and take off the baby.

Bring children's toys to class - those recommended for babies under 6 months, for those from 6-12 months and for those between 1 and 2 years. What can babies do with each toy to amuse themselves and how does it encourage the development of skills. Also examine the toys with regard to safety. Rank the toys, starting with those they feel are the safest and ending with those considered the most dangerous.

Prepare a list of "do's" and "dont's" regarding babysitting tasks and responsibilities.

Watch a parent demonstrate the proper way to bathe a baby as well as effective ways of dressing and undressing a child.

Write a paragraph discussing the time in their lives when they think they will be handling the most stressful combination of roles. For example: Would it be difficult to work fulltime if they were the parent of one or more preschoolers? Would it be difficult to work while in college? Would it be difficult to hold a job with lots of travel if married? How would they cope with their responsibilities?

Write a story about a couple who want to have children and a couple who do not. Allow the characters in the story to express their reasons and feelings.

Debate the statement: A couple is not a family until they have had a child.

Gain experience with children in the following ways: playing with children, reading to children, volunteer to help in a local play school program, become a teacher of young children in local church, organize parties for elementary grade children, babysit with children of friends and neighbors, tutor a child who needs special help in physical skills or in academic subjects, work in the toy department or in the children's clothing section of a store.

Compile a list describing a good time to have children, i.e. when the couple have an adequate income to support themselves and their child, have an adequate home, have finished their educations, etc.

Discuss the following statements: Babies need lots of love and care from a mother. It's the father's job to earn enough to maintain the family. That's how fathers show they care.

Do research regarding birth order and spacing of children.

Discuss the reasons young people have a baby.

Make a list of services available in their community to assist pregnant teenagers. Compile a notebook of information to be available to other students in the school.

Write a paragraph discussing the characteristics they have that they would like to pass on to their child.

Write to the March of Dimes for information on prenatal health hazards. Share the materials with class members.

Interview a couple who recently had a baby by means of prepared childbirth. Did the father coach the mother throughout labor and delivery? How long was she in labor? Are their feelings about the birth mostly positive or negative?

Examine a model or pictures of a fetus in the birth canal. Label each body part and describe the three stages of labor.

Make posters illustrating the different developmental tasks that babies can accomplish at 3 months, 6 months, 9 months and 12 months.

Make up some simple games they would enjoy playing with infants. These games should challenge their mental abilities. Share with classmates.

Make a poster or create a bulletin board display illustrating the Basic Four food groups as they relate to the food needs of infants.

Prepare a list of immunizations that infants need at different ages.

Check their homes for infant safety (on their hands and knees!). List the things that could be dangerous to a crawling baby. Describe what could be done to make the home safe for a baby.

Observe several parents with their babies, either in their homes or in public places. Report on the guidance techniques being used. Are many "no, nos" being used?

Write an essay. Describe what they can do, as the care giver for a baby, to avoid frequent use of "No, no" in their guidance of that baby. Include specific examples and reasons.

Research family day care in their community. Prepare an informational booklet to be made available to parents.

Make a toy for an infant. Describe how the toy will help the baby develop mentally, socially, physically, or emotionally.

Bring in pictures of themselves as infants and create a bulletin board. See if people can identify classmates from their baby pictures.

Discuss the ways a parent or care giver can help a toddler learn to be independent.

Learn about the resources available in their community for families with mentally retarded children. Are social workers available who can help parents with problems they may have? Are there personnel who can work with retarded children and help parents to work with them at home?

Find out about the kinds of child-abuse prevention services available in the community. What kinds of help do they offer parents and children?

Develop a checklist for juding TV programs for children of various ages. Watch some programs and rate them using the checklist.

Bring children's clothing items to class. Discuss features of each garment from the standpoint of: ease of putting on and taking off the garment, self-help features, comfort, washability and ease of care, durability and safety.

Explain the difference between discipline and punishment. Find a definition for preventive discipline. Give examples to show how discipline problems can often be prevented before they start.

Give a puppet show at a children's party. Why is it important to keep the puppet show short? What affects the length of a child's interest span?

Make a babysitting kit full of surprises. This might include crayons and paper, storybooks, puppets, or any other items which would interest children they babysit.

Brainstorm for ideas of thoughful things babysitters can do that are not expected of them, i.e. making young children's beds after their naps, putting soiled clothes in the proper containers and cleaning up the bathroom after children's bath.

Analyze the picture books either in a child's home or in a preschool. Find examples of sex-role stereotypes in at least three books. Find at least three picture books that do not feature sex-role stereotypes. Discuss findings in class.

Ask their parents if they or any of their brothers or sisters ever had an imaginary playmate. Or, perhaps they can remember this experience themselves. Report orally or in writing to class.

Ask a working parent of a prekindergartner to describe a typical day for the child. This parent may be either single or a parent whose spouse also works outside the home. Get as detailed a schedule as possible. Do they have specific times they spend with their child? What time does the child go to bed? Describe the child's bedtime routine.

Make a batch of modeling dough and use with some preschool children. Record what the children make without telling them what to make. How long did each child stay with the dough activity? Write a report and compare notes with classmates.

Plan and carry out a science, math or music activity with preschoolers.

Others?

MAJOR TOPIC	RESOURCE	SOURCE
Human Sexuality	Understanding Your Sexuality provides students with the necessary information to make responsible decisions about the conduct of their sexual lives. Features interviews with qualified individuals in the area of adolescent sexuality. Includes four f/s, cassettes, 35 reproducible activity sheets and teacher's guide ($115.00)	Pictures, Inc.
	pamphlets from Family Planning and Alaska Dept. of Health/Social Services, Section of Communicable Disease Control (FREE)	
	V.D., Contraception, Syphillis and Gonorrhea, As You Grow Up and Sexually Transmitted Diseases present straightforward information for young adults. Scriptographic booklets combine key words with lively graphics and concise text(75¢/booklet for 1-24 quantity - cost goes down with additional copies)	Channing L. Bete
	Human Reproduction and Development Kit presents an in-depth look at embryo and fetus development in humans. Offers a direct and complete approach to an understanding of human reproduction from fertilization to birth. Includes "Life Before Birth" Time-Life f/s,cassette, transparencies, spirit masters, text and teacher's guide ($299.00)	NASCO
	Basic Family Living Sex Education Unit deals with the basics of human reproduction. Includes three dimensional models of: flower, male reproductive system, female reproductive system, menstrual cycle, endocrine system, four month fetus, full term fetus, birth and correlated transparencies ($338.00)	NASCO
	Understanding Sexuality - CONCEPTS in FOCUS ($39.00)	Butterick
	Venereal Disease hurts you...and unborn babies leaflet gives facts regarding the symptoms, treatment and prevention of VD (FREE)	March of Dimes
	V.D. Attack Plan discusses the symptoms and harmful effects of gonorrhea and syphilis, ways to avoid venereal disease infection and what to do if student suspects infection. Includes three f/s, cassettes and teacher's guide ($73.00)	Walt Disney Educational Media
	Growing Up presents an introduction to the subject of sexual maturation. Discusses both the physical and emotional aspects of growing up. Includes four f/s, cassettes and teacher's guide ($95.00)	"

MAJOR TOPIC	RESOURCE	SOURCE
Planning for Parenthood	Parenting - CONCEPTS in FOCUS - multi-media teaching unit which discusses the difference between parenting and parenthood, importance of learning parenting skills before having children and personal traits needed to interact successfully with children. Includes one f/s, cassette, spirit masters, wallchart and teacher's guide ($39.00)	Butterick
	Ready for Parenthood - CONCEPTS in FOCUS - multi-media teaching unit which discusses the myths, responsibilities and consequences of early sexuality. Includes one f/s, cassette, spirit masters, wallchart and teacher's guide ($39.00)	"
	Parenting helps students explore the needs parenting fills, the problems it poses and the rewards it brings. Includes four f/s, cassettes, spirit masters and teacher's guide ($75.00)	"
	Parenthood explores the dramatic changes in lifestyles that occur with parenthood. Discusses working mothers, the need to discipline children and the negative effect of parents who abdicate authority. Includes two f/s, cassettes, spirit masters and teacher's guide ($55.00)	"
	Parenting looks at the factors to be considered in the decision to become a parent. Includes four f/s (Becoming a Parent, Caring for the Young Child, The Single Parent and When Both Parents Work), cassettes and teacher's guide ($80.00)	Pictures, Inc.
	Preparation for Parenthood: The Decision, The Alternatives and Memories helps students investigate the qualities that lead to effective parenting. Includes three f/s, cassettes and teacher's guide ($109.00)	Career Aids, Inc.
	Parenthood: Conversations with Dr. Lee Salk. These two audio cassette programs provide common-sense advice on the emotional and behavioral problems of child-rearing. Program 1: What You Should Know About Parenthood and Program 2: Problems Parents Face. Each program contains six cassettes and listener's guide ($67.00 each)	"
	Myths and Realities of Parenthood - multi-media teaching unit. (?)	Parent's Magazine
	Parenting: Fathers, Mothers & Others multi-media teaching unit looks at parenting - relationships between human beings whatever their age and kinship. Concepts included are: parenting, basic rights of children,	JC Penney

MAJOR TOPIC	RESOURCE	SOURCE
Planning for Parenthood	universally shared needs, learning to parent and communication skills. Includes three-part f/s, cassette, posters and action/awareness activities. (Free loan or for purchase)	JC Penney
	The Hassles of Becoming a Teenage Parent S/N 017-031-00008-2 ($1.00)	Supt. of Documents
	Woman/Child explores the consequences of teenage pregnancy (FREE loan film)	March of Dimes
	Birth Defects: The Tragedy and the Hope is an illustrated booklet that provides comprehensive information on what birth defects are and what can be done about them (FREE)	"
	Genetic Counseling is a teacher's reference that explains the "why" and "how" of family studies and scientific tests for inherited conditions(FREE)	"
	From Generation to Generation: Genetic Counseling explains medical genetics in easily understood terms, and discusses inherited diseases and genetic counseling through the use of case histories. One f/s ($10.00) or slide set ($15.00) and cassette and listener's guide.	"
Pregnancy and Childbirth	Inside My Mom: Nutrition During Pregnancy is an entertaining cartoon format f/s or slide set which deals with the subject of nutrition as a basic element of life ($10.00 - f/s or $15.00 slide set)	"
	More Than Love emphasizes pre-parental responsibility for giving children a healthy start in life. Describes birth defects problem, highlights values in prenatal care. Includes f/s, record and reference manual ($10)	"
	Alcohol: Crisis for the Unborn deals with the Fetal Alcohol Syndrome and shows the tragic outcome of drinking alcohol during pregnancy. Film for loan only.	"
	Born Hooked film stresses the need for prenatal care of mothers addicted to heroin or methadone and deals with the impact of withdrawal on the newborn. For loan only.	"
	Great Expectations film on nutrition during pregnancy with excellent section on breast feeding. Draws on women from varied socio-economic, racial and ethnic backgrounds and illustrates diet selection to meet increased nutritional requirements of pregnancy and lactation. Loan only.	"

MAJOR TOPIC	RESOURCE	SOURCE
Pregnancy and Childbirth	Be Good to Your Baby Before It is Born leaflet explains what every pregnant woman wants and needs to know for her baby's health and her own (FREE)	March of Dimes
	D*A*T*A Drugs, Alcohol and Tobacco Abuse During Pregnancy leaflet gives facts regarding the risks to an unborn baby from prescription and over-the-counter drugs, as well as alcohol and cigarettes (FREE)	"
	Food and Pregnancy leaflet explains the benefits of good nutrition to mother and baby. A chart of essential foods highlights prenatal care folder (FREE)	"
	Leaders Alert 30: Teen-Age Pregnancy sheet discusses problems facing adolescent mothers and society when teens become pregnant. Emphasis is on severe health hazards to mother and baby (FREE)	"
	Preparenthood Education Program/PEP focuses on health care and nutrition during pregnancy. It is designed primarily for school-age parents. Includes teacher's guide, 40 copies Junk Food Blues (comic book on maternal nutrition), 40 copies of Days of Change (comic book on prenatal care), 20 copies of Food for Thought...and Eating (facts book), 20 copies of Inside Your Body...Inside Your Head (facts book), three sets of information cards, time-line chart of fetal development and three wall posters ($30.00)	"
	Infant Care and Development - Program 1: Prenatal Care and Planning; The Family and the New Baby; Prenatal Responsibility; A Baby's Day. Includes four f/s, cassettes and teacher's guide ($81.00)	McGraw-Hill
	Infant Care and Understanding: Prenatal Care and the New Baby, Infant's First Months, Infant's First Year and Infant's Emotional and Intellectual Growth helps introduce students to the realities of bearing, living with and caring for an infant from before birth to the age of one. Includes four f/s, cassettes, 30 student activity sheets and teacher's guide ($115)	Pictures, Inc.
	Child Development Series, Program 1: The Prenatal Period and Infancy allows students to follow a young couple from their decision to have a child through pregnancy, labor, childbirth and growth of the child from an infant to a two-year old. Includes four f/s, cassettes, spirit masters and teacher's guide ($89.00)	Butterick

MAJOR TOPIC	RESOURCE	SOURCE
Pregnancy and Childbirth	The Nurturing Father is designed to help prepare male students for their new roles in life. The unique contributions which only fathers can make are explored and the importance of father participation in labor and birth is emphasized as a foundation for establishing a nurturing relationship with his newborn. Includes one f/s or slide set, cassette and teacher's guide ($65.00)	Career Aids
	Parent's Guide to the Childbearing Year - Lamaze method of childbirth ($5)	Lamaze Childbirth Educ. Assoc.
	Birth and Bonding - f/s($79) or slide($160) and cassette set.	
Child Development - Babyhood Years through Early Childhood and Child Guidance	Child Development Series - Program 2: The Toddler, Program 3: The Pre-Schooler and Program 4: The School Age Child help students understand the different stages of childhood. Each program includes four f/s, cassettes, spirit masters and teacher's guide ($89.00 each)	Butterick
	Child Care Series - Program 1: Prenatal Care, Program 2: Infant Care, Program 3: Caring for Toddlers and Program 4: Caring for Preschoolers provide guidelines for all the basic care tasks students need to know when taking care of children. Each program includes four f/s, cassettes, spirit masters and teacher's guide ($89.00 each or $299.00 for entire series)	"
	Teaching and Caring - The Role of the Child-Care Aide. Program 1: You and Child Care, Program 2: On the Job, Program 3: Helping Children Grow and Program 4: Parent, Child and Center helps train students for entry into this important and growing field. Each program includes two f/s, cassettes, student handbooks, spirit masters and teacher's guide ($99.00 each or $325 for entire series)	"
	Child Care and Development helps students to understand the problems of parenthood and the importance of the parents to all aspects of a child's growth. Set 1: Food Needs of Children; Clothing Needs of Children; Children's Play; Caring for Children: An Important Job. Set 2: Discipline and Punishment; Influences on Children; Anxieties of Children; Intellectual Development of Children. Each set contains four f/s, cassettes and teacher's guide ($81.00 each)	McGraw-Hill
	Infant Care and Understanding - see previous description	Pictures, Inc.

MAJOR TOPIC	RESOURCE	SOURCE
Child Development - Babyhood Years through Early Childhood and Child Guidance	Child Care: Ages 1-3 and 4-6 help give young people useful information on the development and care of children from one to six years of age. Topics include emotional, physical, intellectual and social growth;, diet; clothing; medical and dental care; preschools; family interaction. Includes four f/s, cassettes, 30 student activity sheets and teacher's guide ($115)	Pictures, Inc.
	Child Care: Challenges and Rewards helps young people learn the realities and responsibilities of infants as well as the loving and fun times. Students become more able to plan if and when they want to become parents. Five f/s and cassettes include: The First 4 Months, 5 Months to 12 Months, 12 Months to 24 Months, 2 Years to 3 Years and What About You?. Also teacher's guide ($129.75)	Chas. A. Bennett
	Care for Two: Baby and You helps prepare students for their future roles as mothers and fathers. Covers prenatal care, children's growth and development and basic skills of infant care. Includes picture cards on responsibilities of parenting, f/s and cassette, diaper demonstration kit, poster charts on nine aspects of child development and teacher's guide(FREE)	Pampers
	Expectant Mother's Guide, Handbook of Child Safety and Foods for Baby (FREE)	Gerber
	Basics of Babysitting Kit includes everything from the art of diapering, to feeding, to bedtime, to simply understanding the taking of responsibility. Contains f/s, cassette, student activity sheets, student brochures and teacher's guide ($9.95)	Johnson & Johnson
	Me, Myself and I: How Preschoolers See Themselves is designed to help preschoolers see themselves as worthy, trusting and creative persons. This unit also helps people who work with preschoolers to gain understanding and confidence in their role. Kit contains picture cards, records, puppets, flannel board objects and teachers guide (FREE loan or for purchase)	JC Penney
	A Celebration of Children: Little People, Big Needs is a program inspired by the U.N. declaration of the International Year of the Child. A group of children express their feelings about themselves and children around the world in a painted mural. A f/s records the creation of the mural, which has been reproduced on eight individual posters which assemble into a replica of the original mural. Also included is background information on the International Year of the Child (1979) (FREE loan or for purchase)	"

MAJOR TOPIC	RESOURCE	SOURCE
Child Development - Babyhood Years through Early Childhood and Child Guidance	Free to Be - You and Me explores sex-role stereotyping through a song format. Excellent to use as discussion starters. Record.	
	Child Abuse and Neglect - transparencies which develop an awareness of the problem, promote understanding of its causes and effects and offer possible courses of action in dealing with child abuse ($12.95)	Millken
	Exploring Childhood helps adolescents better understand infancy, child care and development; children with special needs; child abuse and neglect prevention and the range of family structures. Includes f/s, films, lesson plans, student activities and teacher's guide. (?)	Education Development Center
	The Complete Babysitter. Three f/s and cassettes ($59.00) and Ten Mistakes By New Parents. Two f/s and cassettes ($50.00)	Franklin Clay Films
	Talking to Children About Death S/N 017 024 00949 1 ($1.50), Baby Care Kit - It Hurts When They Cry discusses safety as it relates to children S/N 052 011 001113 9 ($4.00), Edible T.V.: Your Children and Food Commercials S/N 052 070 04243 5 ($3.00), Educator's Role in the Prevention and Treatment of Child Abuse and Neglect S/N 017 092 00043 0 ($3.50) Indian and Eskimo Children S/N 024 022 00002 1 ($1.50) and so many, many more!	Supt. of Documents
	The How-To's of Babysitting introduces students to the basics of taking care of a child in the babysitting situation. Topics discussed include what to do in emergencies, how to get a job, how to accept the responsibilities, what to charge for the service plus much more. Includes one f/s, cassette and teacher's guide ($27.95)	Career Aids
	Stages of Personality Development sketches the six stages of growth from the newborn infant through late adolescence. Includes two f/s and cassettes ($50.00)	"
	The Baby Sitter looks at the following topics: The Art of Baby Sitting; Getting Along With Parents and Children; Safety; Children at Play; Hints on Feeding and Diapering; The Unexpected; Putting and Keeping Them in Bed; Hints on First Aid ($24.00)	"
Children With Special Needs	Exploring Childhood Series - see previous description	

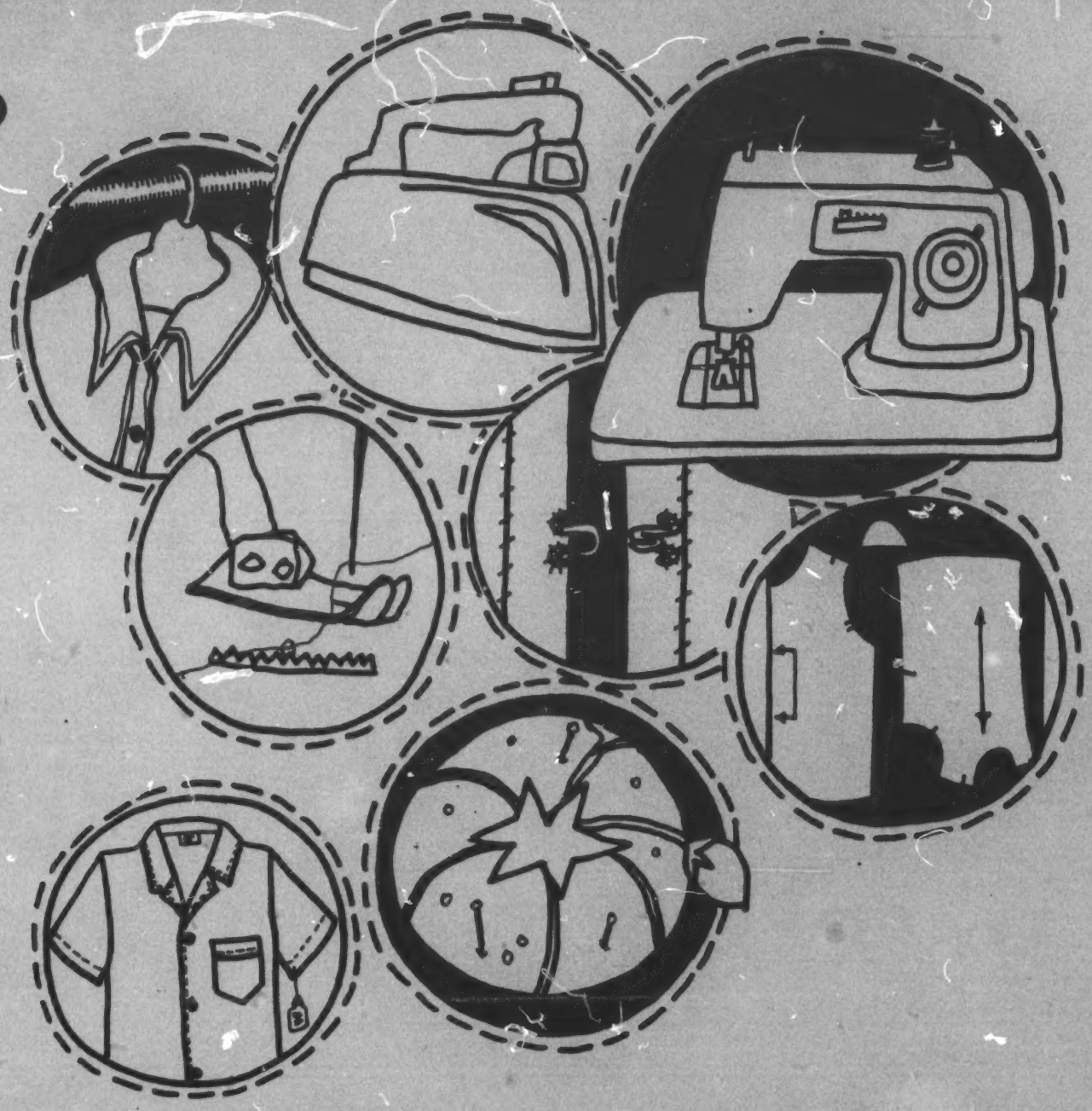
MAJOR TOPIC	RESOURCE	SOURCE
Children With Special Needs	Families With Special Needs Children presents a frank, in-depth look at birth defects - the causes and how to guard against them. Parents speak openly about the pain, frustration, burdens and ultimate rewards in raising children with special needs. Includes teacher's guide, 12 student booklets, f/s, three case studies on two audio cassettes ($26.00)	March of Dimes
	People, Just Like You, About Handicaps and Handicapped People - An Activity Guide which acquaints students at all levels with handicapped individuals in order to provide them with first-hand awareness of the problems and human experience of handicapped people S/N 040 000 00405 0 ($2.00)	Supt. of Documents
	Teaching Young Children With Special Needs - a handbook about prescriptive teaching and learning disabilities ($7.00)	Easter Seal Society
All Areas	***Films - Selected Titles***	AK State Film Library
	The ABC's of Babysitting All My Babies (pre- and post-delivery procedures) Am I Wife, Mother or Me Are You Ready for the Postpartum Experience? Baby Feeding Baby's First Four Months Bathing Time for Baby The Battered Child Breast Feeding - A Family Experience Breast Self-Examination Bridge to Adoption (adoption process) Care of the Young Retarded Child Childbirth - The Great Adventure Childcare and Development Children at Plat Children's Emotions Cognitive Development (Piaget) Dr. Spock Emergency Childbirth The Exceptional Child Finger Painting First as a Child (crippled child)	

MAJOR TOPIC	RESOURCE	SOURCE
	From Generation to Generation (human reproduction)	
	From My Point of View (child development)	
	From Social Six to Noisy Nine	
	From Ten to Twelve	
	Frustrating Fours and Fascinating Fives	
	The Gifted Ones	
	Guiding Behavior	
	Half Million Teenagers Plus (VD)	
	Have a Healthy Baby	
	Healthy Mother, Healthy Baby	
	Hopeless (mental retardation)	
	How Babies Learn	
	Identification of Early Syphillis	
	Infant and Child Care	
	Journey with a Friend (Lamaze childbirth)	
	Kate, A Two-Year Old in Fostercare	
	Kevin (handicap - blindness)	
	Larry (mental retardation)	
	Life Begins	
	Life With Baby	
	Mentally Handicapped Children Growing Up	
	Michael's First Day (child's first day of school)	
	Moderate Retardation in Young Children	
	Mothers are People	
	New Baby	
	New Born	
	Nine Months to Get Ready	
	A Normal Birth	
	Not Me Alone (natural childbirth)	
	Nutrition - To Baby With Love	
	Parent to Child About Sex	
	Parenting - It Doesn't Always Come Naturally	
	Phoebe - Story of a Premarital Pregnancy	
	Principles of Development	
	Report on Down's Syndrome	
	Romance, Sex & Marriage - All the Guys Ever Want is Sex	
	The Story of Eric (Lamaze childbirth)	
	Target - Babies and Children (home nurse care)	

MAJOR TOPIC	RESOURCE	SOURCE
	Teenage Pregnancy	
	Terrible Twos & Trusting Threes	
	This is Robert - A Study of Personality Growth in a Pre-School Child	
	Three Years Later - A Developmental Study of Retarded Children	
	To a Babysitter	
	To Plan Your Family	
	Total Program for Sound Family Planning	
	VD - Epidemic	
	VD - Every 30 Seconds	
	VD - Name Your Contacts	
	VD - See Your Doctor	
	Venereal Disease, The Hidden Epidemic	
	What About Sex	
	Where Does Love Begin? (childbirth)	
	Where's Tommy? (child safety)	
	While You Are Waiting (prenatal care and childbirth)	
	Who Cares About Jamie (mental illness)	
	Why Won't Tommy Eat?	
	You & Your Baby	
	You Got What? (VD)	140
	You're in Charge (babysitting)	

TEACHING RESOURCES

MAJOR TOPIC	RESOURCE	SOURCE



Clothing / Textiles

TEACHING TOPICS

Building a Wardrobe

1) Good grooming habits - diet, exercise, personal hygiene
2) Choosing clothes that flatter - understanding principles of design (line, color, texture, shapes)
3) Choosing clothes for the occasion
4) How to mix and match clothing
5) Choosing accessories
6) Clothing fads
7) Recycling clothing - alterations, mending, restyling

Sewing Machine

1) Identification of machine parts and functions
2) Operating the machine - threading the machine and winding the bobbin, proper placement of needle, use of presser foot, controlling machine speed, etc.
3) Practice stitching - stitch lengths, back stitching, turning corners
4) Making adjustments on the machine - presser foot pressure, upper and lower tensions, stitch length
5) Special features and attachments
6) Care and maintenance of sewing machine

Sewing Equipment

1) Identification, proper use and storage of: scissors, pins, tracing paper and wheel, tape measure, tailors chalk, seam gauge, needles, thimbles, seam ripper, pin cushion, pressing equipment

Sewing Terminology

1) Construction terms - seam allowance, edge stitch, clip, baste, etc.
2) Fabric terms - fiber, yarn, grain, selvage, woven, knit,etc.
3) Pattern markings and layout terms - darts, notches, straight of grain line, etc.

Clothing Construction

1) Taking body measurements and choosing correct pattern size (understanding pattern "ease")
2) Making pattern alterations
3) Selecting fabrics and patterns
4) Fabric and fur preparation
5) Putting garment together - following pattern directions, pressing, seam finishes, etc.

Sewing Project Ideas

1) Fur - tanning of skins, use of equipment, care of finished product
2) Outdoor kits - vests, parkas, booties, back packs, tote bags
3) Mittens - cloth and fur
4) Stuffed animals and pillows
5) Aprons - for kitchen and shop
6) T-shirts
7) Jogging clothes
8) Blouses and shirts
9) Kuspuks
10) Cloth books for children
11) Recycling projects (alterations or restyling)
12) Home Arts - knitting, crocheting, macrame, weaving, etc.

Buying and Caring for Clothes

1) Getting the proper fit
2) Catalog ordering - how to purchase clothes and/or return merchandise
3) Looking for quality - seam construction, fastenings, fabric stability, etc.
4) Daily clothing care - protection from dirt, checking for needed repairs, proper storage
5) Cleaning clothes - methods of cleaning, care labeling, preparation for washing, stain removal, drying, dry cleaning
6) Taking care of fur garments

198

TEACHING ACTIVITIES

Have students...

Design and sketch an article of clothing suitable for someone with a special need.

Make a poster showing the basic tools needed at each step of garment construction.

Prepare a report on ways to dye yarns and fabrics using fruits, vegetables and other natural substances. Invite a local member from the community who does his/her own yarn dying and weaving and ask for a demonstration.

Make a list of all the different sizes of clothes in their wardrobes. Discuss what this means.

Choose a garment from their wardrobes that fits especially well and is comfortable. Compare the measurements of the garment with body measurements. How much extra "room" is allowed for garment ease?

Conduct textile experiments - stain removal, wrinkle resistance, heat sensitivity, resistance to soils, etc.

Bring in items of clothing they have recently purchased from a store or through the mail. Discuss the construction details that indicate quality merchandise. Point out features that are clues to poor construction.

Find an article of clothing they really like - either in a store or in a catalog. Note the price. Then find a pattern for a similar garment and compute the cost of making it in the same kind of fabric. Which would be a better choice? Why?

Make enlarged examples of different weaves using long strips of construction paper.

Demonstrate how to properly wash clothes - sorting, pre-wash treatment, choice of laundry products and operation of washer and dryer.

Demonstrate how to do simple pattern alterations. Include how to lengthen and shorten basic pattern pieces.

Make a list of the information needed to select the proper cutting layout on the pattern guidesheet. Explain how to use the layout.

Prepare small samples of seam finishes - zigzagged, pinked, etc. Decide which finishes are most appropriate for which fabrics.

Use information from clothes mail order catalogs to determine correct garment size. Complete a hypothetical order computing freight costs, etc.

Look through fashion magazines. Choose five outfits that they like. Analyze each in terms of the principles of design and decide whether it would flatter them or not.

Make samples of long, short and medium stitches. Stitch a seam on long, narrow pieces of lightweight fabrics. Every two inches, change the stitch length. Begin with 5 stitches to the inch. Then increase to 9, 12, 15 and 20 stitches. Repeat using heavy fabric. Look at the finished seams and decide the best stitch length to use.

Demonstrate simple clothing repairs - hemming, sewing on a button, repairing zipper, patching a hole, etc.

Make a list of clothing maintenance chores that should be done on a seasonal basis.

Describe their current clothing care habits. How might they be improved.

Bring in articles of clothing they no longer wear - either too small or no longer enjoyed. Brainstorm ways to recyle the clothing to make it wearable again.

Determine the actual cost of a garment that will be dry-cleaned over a year's time.

Bring to class advertisements related to dress and appearance. Discuss radio and television commercials for clothing. How do companies present their products to make them appealing? How does this advertising affect the students? Their clothing selection? Their budgets?

Make a list of the clothes they no longer wear. Beside each item explain why it is no longer worn. What alternatives are there to just letting the garment sit in the drawer or hang in the closet?

Collect clothing hangtags and labels. Compare the information found in each. Look for the manufacturer's name, fiber content and care instructions. Why is this important information?

Present a series of brief skits about a consumer trying to return an item of clothing. Show a legitimate complaint and an unfounded complaint each receiving attention.

Investigate flammability standards for clothing. Check library for recent newspaper and magazine articles. Write to the Federal Trade Commission or to U.S. Congressman to find out what is being done in this area of clothing safety.

Answer the clothing question: What is best for me? Study their body builds. List good features and those they would like to

improve. Determine what lines, shapes, textures and colors are most flattering for their particular body builds. Explain how clothes can either improve one's body build or detract from it and exaggerate "imperfections".

Demonstrate and practice exercises for improving posture.

Prepare a good grooming kit. Discuss the advantages and disadvantages of the items in it. Decide which items are essential and which might be considered luxuries. Suggest substitutes for more expensive items in the kit.

List their daily and weekly routines for good grooming. Use the ideas to develop one class check list that can be handed out and used.

Collect newspaper and magazine advertisements for grooming aids. Discuss the ads - what appeals are made to the consumer, are the appeals mainly factual or emotional, how do you judge the effectiveness of a product based on such appeals?

Make covers for toasters, mixers, sewing machines, etc. Sew up curtains for the Home Ec room. Make bean bag chairs and/or pillows for the school library.

Design a quilt square of the animals or flora of the area. Applique or embroider squares and then sew together to make a large quilt. Display in class and eventually raffle off to community.

Plan, organize and carry out a fashion show/tea. Involve other classes - English in making invitations, Industrial Arts in constructing stage forms, etc. Invite community.

Others...

MAJOR TOPIC	RESOURCE	SOURCE
Building a Wardrobe	Grooming aids and promotional literature	AVON Sea Breeze Bonne Bell
	How Do I Look? grooming program: Basic Grooming Concepts covers skin care, soap and deoderant, teeth, shaving, hair care and styling, nails and posture and Grooming for Success relates good grooming with employability, social success and first impressions. Also discusses wardrobe selection. 2 f/s and cassettes ($42.00)	Franklin Clay Films
	What's Your Message? grooming program: The Image of You, The Message of Manners, Making an Appearance (boys), Making an Appearance (girls) 4 f/s and cassettes ($92.00)	Educational Audio Visual, Inc.
	Selecting Fashions booklet on deciding fashion needs, choosing colors and planning a wardrobe (FREE)	Sears
	Getting It All Together for Boys and Young Fashion Forecast for Girls - discuss color, line and design, mix and matching, fashions and fads 2 f/s with record - available each year (FREE)	Sears
	Color Concepts - contains information on principles of color and also includes a series of colored fabric bibs to illustrate the use of color when choosing clothes. (Free loan or for purchase)	JC Penney
	Personal Care - learning activities which includes teacher's guide, student worksheets, wall chart and ditto masters ($3.00)	Proctor and Gamble
	Wear and Care Program - wardrobe planning, budgeting and laundry care. Includes color collars, neckline cut-outs and student booklets. ($15.00)	Chlorox
	Line and Design - selection of clothing to complement figure types, line design concepts for both boys and girls. Includes color collars and neckline cut-outs. 2 f/s and cassettes ($45.00)	Franklin Clay Films
	Revitalize Your Clothes - program on recycling clothes - one f/s and cassette ($23.00)	Franklin Clay Films
	Clothing and Textiles and Health and Grooming - FORECAST Visuals - spirit masters, transparencies, teacher guide ($10.95)	Forecast

MAJOR TOPIC	RESOURCE	SOURCE
Building a Wardrobe	teaching aids - cover range of topics including line and design, color, accessories, recyling clothing, etc.	Simplicity McCalls Coats & Clark Butterick Vogue Nasco Gillum
	magazine articles from Redbook, Women's Day, Family Circle, Good Housekeeping, McCalls, COED, etc.	
Sewing Machine	The Sewing Machine - individualized program in getting acquainted with the sewing machine.	Ginn and Co.
	Where's The What-Ja-Ma-Call-It? game on identifying sewing machine parts ($11.00)	Nasco
	teaching aids	To-Sew Singer
	use manual from sewing machine to develop student worksheets	
	stitching charts - straight, curves and corners - can be purchased or made	Singer Whites Sewing Machine
Sewing Equipment	teaching aids	Nasco Simplicity McCalls To-Sew Gillum
Sewing Terminology	New Simplicity Sewing Book ($2.95)	Simplicity
	Understanding and Using Patterns- individualized program on identifying information on pattern pieces	Ginn & Co.
	teaching aids	Simplicity McCalls To-Sew Nasco

MAJOR TOPIC	RESOURCE	SOURCE
Clothing Construction	A Quick and Easy Approach to Sewing Skills - FORECAST Visuals - include spirit masters, transparencies and teacher's guide ($10.95)	Forecast
	Construction Techniques - individualized sewing system	Ginn & Co.
	New Simplicity Sewing Book ($2.95)	Simplicity
	Nasco Fabric File - swatches of 26 different fabrics in a card file ($13.00)	Nasco
	Sewing Now with Simplicity - booklet containing sewing techniques, tips on shopping for fabrics and wardrobe planning ($1.50)	Simplicity
	teaching aids	McCalls Talon Thread Coats & Clark To-Sew Butterick Nasco Gilium
	Butterick Sewing Series - 1) Planning to Sew, 2) A Trip to the Fabric Store, 3) Get Set to Sew, 4) Setting Up to Sew, 5) Taking Shape and 6) Finishing Touches - multimedia program that can be used to set up an individualized sewing program for beginners and more experienced sewers alike ($399.00)	Butterick
	Sewing by Sight and Sound - a self-help program that combines verbal instruction with graphic illustrations. Includes twelve lessons on construction techniques: seams, seam finishes, darts, casing, facings, shaped facings, centered zippers, invisible zippers, set-in sleeves, raglan sleeves, hems and fasteners. Can be used individually or in groups ($97.00)	Butterick
	Guide to Manmade Fibers - booklet covering basic principles of manmade fibers production, uses, characteristics, care, trademarks, etc. Fairly detailed information and not good for beginners (FREE)	ManMade Fiber Producers Assoc.
	Sewing Know-Why - individualized sewing program - covers wide range of topics - weaves, sewing machine, clothing construction, etc.	Sewing Know-Why

MAJOR TOPIC	RESOURCE	SOURCE
Projects	crafts catalogs - many can be prepared without a sewing machine	Annie's Attic Haan Frostline Stanwood
	outdoor kits	Frostline Holubar Altra
	stuffed pillows in shapes of animals, cars, sport objects, etc.	To-Sew
	individual project sheets - potted plant holder, slippers, etc.	Whites Sewing Machine
	Secrets of Eskimo Sewing - fur/skin preparation and sewing ($4.95)	Alaska Northwest Pub.
	Trapping and Fur Preparation	Dept. of Indian Affairs, Canada
	Care of Seal Skins, Proper Care of Walrus Hides, Tanning at Home, Tanning Dineega or Bidziy Lit the Native Way (nominal or no cost)	Cooperative Extension Service
	Qaspeq, The Fur Parka, The Cloth Parka, Cloth Mittens	"
Buying and Caring for Clothes	Clothing Care and Repair Unit - teaches aspects of clothing care from cleaning methods and procedures to simple mending and altering. Includes transparencies and spirit masters ($13.95)	Nasco
	Learning About Laundering - learning activities packet which includes teacher's guide, student worksheets, wall chart and ditto masters ($4.50)	Proctor and Gamble
	Learn Your Laundry Lessons the Easy Way (FREE)	Borateem
	Laundry Match-Up Game ($4.50)	Proctor and Gamble
	Will It Come Out in the Wash? teaching kit ($4.50)	Texize Chemicals

MAJOR TOPIC	RESOURCE	SOURCE
Buying and Caring for Clothes	It's Neat to Be Clean - wall poster, lesson plans and spirit masters ($3.00)	Purex
	Shopping for Clothing - Consumer Survival Skills - text Try It On ($3.50) and workbook Dress for Less ($1.85). Low reading ability.	Changing Times
	Wear and Care Program ($15.00)	Clorox
	use various catalogs from JC Penney, Sears, Wards and Spiegel to teach about ordering clothing through the mail	
	Removing Stains from Fabrics - Home Methods, Clothing Repairs	Cooperative Extension Service
	Your Clothing Dollar - wardrobe planning, buying and care information ($.50)	Money Management Institute
	Clothing Care Series teaches students the fundamentals of ordinary coin-operated washers, dryers and dry cleaning machines. Other topics include ironing, fabric care and laundry products. 5 f/s, cassettes and teacher's guide ($94.95)	Interpretive Education
All Areas	***Films - Selected Titles***	AK State Film Library
	Basic Sewing Skills Basic Sewing Tools Good Health Practices - Part I - Eating, Toilet, Cleanliness, Rest & Sleep Good Health Practices - Part II - Teeth, Eyes, Ears, Nose & Posture Health - Personal Cleanliness How Clothing is Made - The Story of Mass Production How to Make a Simple Loom & Weave Loom Weaving Posture Habits Posture in Motion Scrub Game (skin care) The Sewing Machine Sewing Materials - Preparation Your Clothing	

MAJOR TOPIC	RESOURCE	SOURCE

MISCELLANEOUS

SEWING SUPPLIERS

Fabric only

Ivan Hale and Associates
Box 3-3758 EDB
Anchorage, AK 99501
277-9443

bolt goods - not individual fabric cuts

JC Penny
406 5th Ave.
Anchorage, AK 99501
277-6661

JC Penny
610 Cushman
Fairbanks, AK 99701
452-7241

Patterns only

Butterick Fashion Marketing
Box 871
Altoona, PA 16603

ask about school plan - including pattern catalogs

McCall Pattern Company
PO Box 9119
Manhattan, KS 66502

"

Simplicity Pattern Company
200 Madison Ave.
New York, NY 10016

"

Sewing Machine Retailers

A-1 Sewing and Vacuum Center
3936 Spenard Road
Anchorage, AK 99503
272-4422

Bernina - Pfaff - Necchi Riccar

machines and tables

Jackie's Sewing Center
Box 67
Dillingham, AK 99576

Bernina machines and tables

Singer Sales and Service
206 E. Northern Lights Blvd.
Anchorage, AK 99504
272-9491

Singer

Viking Sewing Center
601 E. Northern Lights Blvd.
Anchorage, AK 99504
277-1158

Viking machines and tables

Skin sewing

Donalson Company
PO Box 845
Anchorage, AK 99510
279-3025

Patterns, fabric, notions, etc.

Discount Fabrics
700 E. Benson
Country Village Mall "J"
Anchorage, AK 99503
277-6400

Downtown Sewing Center
211 Cushman St.
Fairbanks, AK 99701
456-5747

Fabric Center
348 Front St.
Ketchikan, AK 99901
255-6515

Fabric Center #2
32 College Road
Bentley Mall
Fairbanks, AK 99701
456-1336

Fabric Center #3
3627 Airport Way
University Center Mall
Fairbanks, AK 99701
479-4618

Fabric City
800 E. Dimond Blvd.
Anchorage, AK 99502
349-2915

House of Fabrics
Gavora Mall
Third and Steese
Fairbanks, AK 99701
456-5239

Jackie's Sewing Center*
Box 67
Dillingham, AK 99576
842-5607

Kenai Fabric Center
Box 1149
Kenai, AK 99611
283-4595

Pacific Fabrics
5640 DeBarr Road
Anchorage, AK 99504
337-1559

Three Sisters 279-1785
1390 W. Northern Lights
Anchorage, AK 99503
or
3901 Old Seward Hwy.
Anchorage, AK 99503
274-2043

Thrifty Fabrics
119 Klevin St.
Box 8749
Anchorage, AK 99508

Silver Thimble
603 Mission St.
Ketchikan, AK 99901
255-5422

Viking Sewing Center
601 E. Northern Lights
Anchorage, AK 99504
274-1158

*McCalls patterns only
less than 8 yard cuts

MAIL ORDER INFORMATION

Points to keep in mind...

1) BE SPECIFIC - the more specific you are the easier it is for the store to complete the order and the happier your student will be with the end result.

2) Inquire how store requires reimbursement - will they ship C.O.D., must they have a P.O. number, must order be on school letterhead, etc.

3) Indicate a first and second choice as the color or item you request may be out-of-stock or discontinued.

4) Indicate whether or not store may substitute a similar item when available.

5) Indicate if you want the notions as listed on the pattern envelope, if you have certain ones in mind or if you do not need any.

6) Try to be as specific as possible when describing fabric you want - weight, colors, texture, etc.

7) Inquire as to whether or not they will send you samples of fabric and notions.

8) Inquire about obtaining pattern catalogs and other special services.

9) Allow plenty of time for processing of your order. Place orders and have students start on another unit until fabric arrives.

****

A sample order form is provided on the next page.

School name and address

Date

Student's name	Pattern: brand and # size view	Fabric selection	# of yards	Color and description	Notions
Tom Derendoff	McCalls 7150 size 14 view #3	lightweight denim cotton print (for yoke)	2 ½	light blue reds or blues	thread buttons interfacing

156

Sample order form

SEWING EQUIPMENT

The kinds and numbers of sewing equipment to purchase depend upon class size, types of sewing projects to be undertaken and whether or not students are required to have any of their own equipment. Also - many items listed below are not necessary as substitutions can be made - i.e. large classroom table for cutting table, lightweight terry cloth towels for pressing cloths, etc. The list is a general guideline only that can be tailored to meet individual needs and wants.

beeswax (strengthens thread and eliminates knotting in hand sewing)
buttonholer - unless built into machine
cord minder - for iron on ironing board
cutting board
cutting table
dressmaker pins
embroidery scissors
eyelet and snapper plier kit
hand sewing needles - various sizes
hem gauge
iron - steam
ironing board with pad and cover
mirror - full length
pin cushion
pinking or scalloping shears - finishing seam edges on woven fabrics
pressing equipment - ham, sleeve board, cloths, etc.
safety pins
scissors - 4-6" for trimming threads and clipping seam edges
seam ripper
seam gauge
sewing machine
-bobbins
-light bulbs
-lint brushes or q-tips
-needles - assorted sizes 12, 14, 16, 18 and ball point for knits
shears - 7-9" for cutting out patterns
tailors chalk
tape measure
tracing paper and wheel
yard stick

EVALUATION

Each teacher must determine for her/himself how students will be graded on their sewing projects. Two samples of garment evaluations follow and can be used as guidelines in designing your own evaluation instruments. Some prefer to be very specific, others like to be general. Find out what is best for you and your students and then be fair and consistent!

SAMPLE GARMENT EVALUATION

Name_____ Period_____

	your evaluation	teacher's evaluation
1) Fit of garment.....10		
2) Suitability of design or pattern.....10		
3) Stitching of seams, straight, correct length, correct tension and finishing.....10		
4) Neck finishing, facing, collar or hem.....10		
5) Set in sleeves: finish, cuffs, binding or hem.....10		
6) Zippers or other openings i.e. buttonholes.10		
7) Hems, even width, correct finish, stitching.....10		
8) Other finishing details, pockets, belts.....10		
9) Pressing during construction and after finishing.....10		
10) Organization and method used in construction and fitting.....10		
TOTAL.....100		

YOUR ESTIMATE OF GRADE_____

TEACHER'S GRADE ON PROJECT_____

SAMPLE GARMENT EVALUATION

Name_____ Period_____

STUDENT EVALUATION						TEACHER EVALUATION					
very poor	poor	fair	good	excellent	Check only those items which apply to your garment.	very poor	poor	fair	good	excellent
1	2	3	4	5		1	2	3	4	5
					GENERAL WORKMANSHIP					
					clean and neat					
					well pressed					
					cut "on grain"					
					no marks on right side					
					good thread tension					
					correct stitch length used					
					color of thread matches					
					work area neat					
					garment clean and pressed					
					DARTS					
					straight					
					follow marks					
					sharp points					
					well-pressed					
					fastened at both ends					
					SEAMS					
					straight, even					
					correct width					
					pressed correctly					
					pressed seam invisible from right side of garment					
					GATHERS					
					evenly distributed					
					no extra puckers					
					ZIPPER					
					works smoothly					
					covered by flaps or flap					
					straight topstitching					
					WAISTBAND					
					smooth, flat					
					even width					
					sharp corners at ends					

1	2	3	4	5		1	2	3	4	5
					FACINGS fit smoothly edge neatly finished enclosed seams trimmed curves clipped seam neatly understitched neatly tacked in place					
					SET-IN-SLEEVES fit smoothly w/o puckers seams and notches matched lower edge neatly finished					
					COLLAR smooth, even shape no seam showing on right side fits smoothly in neckline edge same length in front					
					PATCH POCKET smooth, even shape securely stitched in place straight, even stitching placed straight on garment					
					HEMS even width all around hangs straight securely stitched even, neat stitches smooth and invisible from front					
					BUTTONS/BUTTONHOLES properly placed buttonholes on straight grain buttons neatly and securely stitched buttonholes correct size for button					
					FASTENERS(snaps, hooks,eyes) neatly stitched securely fastened properly placed invisible from right side					
					MISCELLANEOUS					

FINAL GRADE _____

SKIN SEWING

Equipment

1. dental floss
2. skin needles
3. ulu
4. ech un (skin scraper)
5. thimbles
6. tape - masking or scotch
7. ballpoint pens
8. cutting board
9. razor blades
10. finger sleeve (made from leather scraps)
11. stretching board
12. ivory soap or mayonnaise
13. pattern
14. fur - fox, muskrat, caribou, moose, etc.
15. butcher paper (for pattern)
16. beads
17. bead needles
18. wire
19. yarn
20. felt

Simple Projects

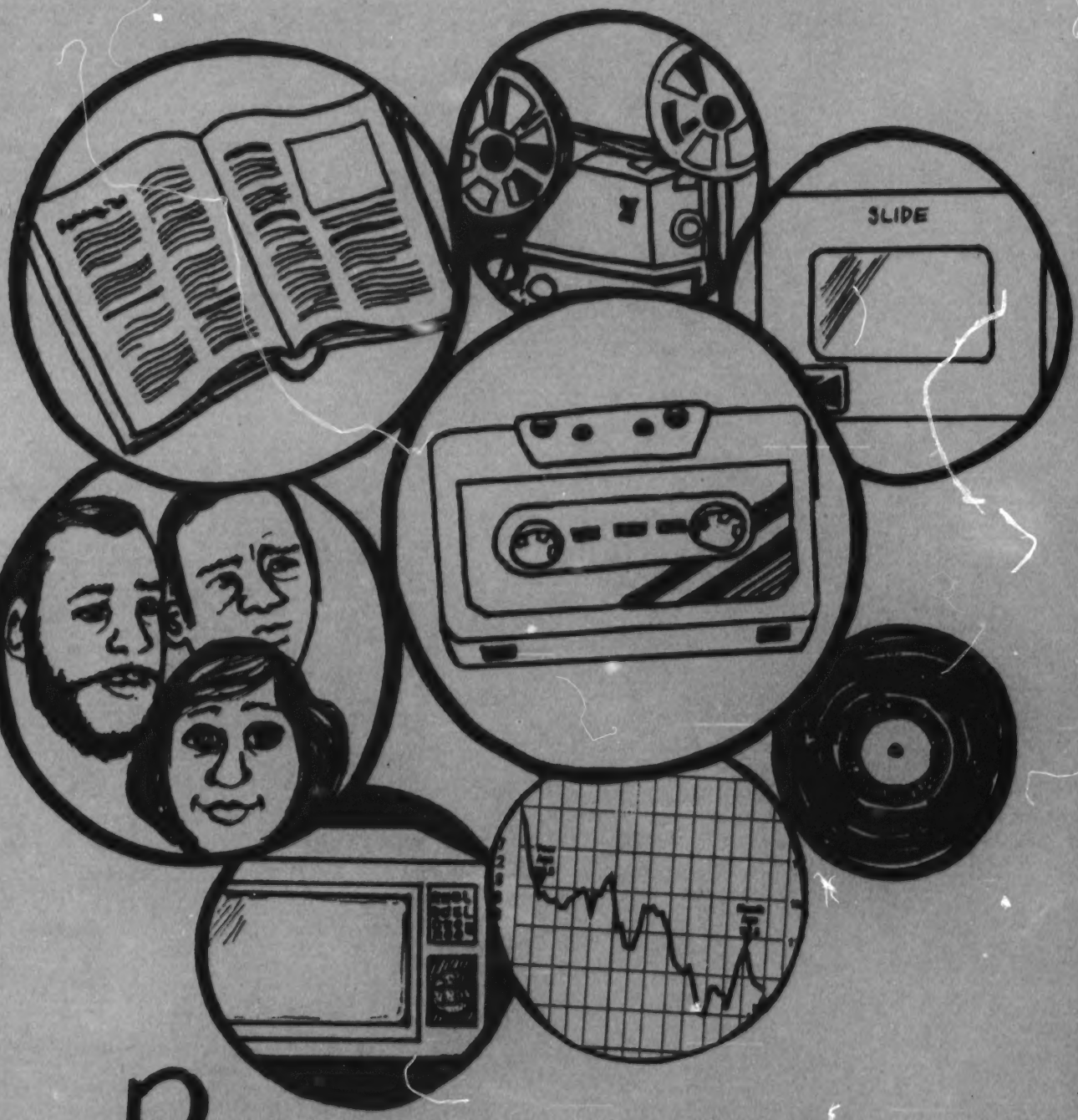
1. pillow top
2. Eskimo yo-yo
3. fur picture or collage
4. baby mukluks - calf skin, rabbit
5. slippers - rabbit skin
6. beaver hats
7. Eskimo pins, earrings, key rings, etc.
8. gun cases
9. throw pillow
10. Eskimo mask

Advanced Projects

1. adult mukluks
2. fur vests
3. parka

Resources

1. supplies - Donalson Co.
2. Secrets of Skin Sewing - Northwest Publishing
3. Trapping and Fur Preparation - Dept. of Indian Affairs, Canada
4. Lois Patterns - most fabric stores
5. Cooperative Extension Service - extension agent can serve as resource person to demonstrate fur preparation or provide several extension bulletins on the subject of fur preparation and care
6. use community members to demonstrate various fur preparation and sewing techniques



Resources

TEXTBOOKS

REFERENCE BOOKS

NOTE: This listing is incomplete as several publishers had not sent catalogs in time to include their titles before time of publication.

TITLE	AUTHOR	PUBLISHER	GENERAL	FOODS AND NUTRITION	CLOTHING AND TEXTILES	HOUSING AND HOME MANAGEMENT	PERSONAL AND FAMILY RELATIONSHIPS	CHILD DEVELOPMENT AND PARENTING	CONSUMER EDUCATION RESOURCE MNGT.	TEXT	RESOURCE
Alaska Sourdough		Alaska Northwest Publishing		X							X
The Alaskan Camp Cook		Alaska Northwest Publishing		X							X
The American Consumer Issues and Decisions	Jelly & Herrmann	Southwestern							X	X	
Better Homes and Gardens Cookbook		Better Homes and Gardens		X							X
Caring for Children	Draper & Draper	Chas. A. Bennett						X		X	
Child Care Aide Skills	Conger & Rose	McGraw-Hill									
Child Care Handbook		American Home Economics Assoc.						X			X
Child Nutrition and Health	Hutchins	McGraw-Hill						X		X	
Children: Their Growth & Development	Terry et al	McGraw-Hill						X		X	
Child Growth and Development	Hurlock	McGraw-Hill						X		X	
Clothes and Your Appearance	Lidell	Goodheart-Wilcox			X					X	
Concepts and Clothing	Graef & Strom	McGraw-Hill			X					X	
Consumer Credit	Fetterman & Jordan	Chas. A. Bennett							X	X	

TITLE	AUTHOR	PUBLISHER	GENERAL	FOODS AND NUTRITION	CLOTHING AND TEXTILES	HOUSING AND HOME MANAGEMENT	PERSONAL AND FAMILY RELATIONSHIPS	CHILD DEVELOPMENT AND PARENTING	CONSUMER EDUCATION RESOURCE MNGT.	TEXT	RESOURCE
Consumer Decisionmaking Guides to Better Living	Warmke et al	South Western							X	X	
Consumer Skills	Oppenheim	Chas. A. Bennett							X	X	
Consumer's Management	Raines	Chas. A. Bennett							X	X	
The Consumer's World	Garman & Eckert	McGraw-Hill							X	X	
Contemporary Living	Ryder	Goodheart-Wilcox					X	X		X	
Creative Living - Basic Concepts in Home Ec	Foster et al	Butterick	X							X	
The Developing Child	Brisbane & Riker	Chas. A. Bennett						X		X	
Discovering Food	Kowtaluk	Chas. A. Bennett		X						X	
Discovering Nutrition	Kowtaluk	Chas. A. Bennett		X						X	
Finding My Way - The Sex Education Text	Riker & Riker	Chas. A. Bennett					X			X	
Focus on Food	Peck et al	McGraw-Hill		X						X	
Food for Today	Kowtaluk & Kopan	Chas. A. Bennett		X						X	
Food Preparation Handbook		American Home Economics Assoc.		X						X	

TITLE	AUTHOR	PUBLISHER	GENERAL	FOODS AND NUTRITION	CLOTHING AND TEXTILES	HOUSING AND HOME MANAGEMENT	PERSONAL AND FAMILY RELATIONSHIPS	CHILD DEVELOPMENT AND PARENTING	CONSUMER EDUCATION RESOURCE MNGT.	TEXT	RESOURCE
Food Safety and Sanitation	Border	McGraw-Hill		X						X	
Guide to Good Food	Largen	Goodheart-Wilcox		X						X	
Guide to Modern Clothing	Sturn et al	McGraw-Hill			X					X	
Guide to Modern Meals	Shank et al	McGraw-Hill		X						X	
Handbook for Metric Usage		American Home Economics Assoc.		X	X	X			X		X
Home Decorating Handbook	Kleeberg	Butterick				X					X
The Home: Its Furnishings and Equipment	Morton et al	McGraw-Hill				X				X	
Homes: Today and Tomorrow	Sherwood/Sherwood	Chas. A. Bennett				X				X	
Housing Decisions	Lewis	Goodheart-Wilcox				X					X
How You Plan and Prepare Meals	Carson et al	McGraw-Hill		X						X	
Lowbush Moose		Alaska Northwest Publishing		X							X
Married Life	Riker & Brisbane	Chas. A. Bennett					X			X	
Me: Understanding Myself and Others	Riker & Riker	Chas. A. Bettett					X			X	

TITLE	AUTHOR	PUBLISHER	GENERAL	FOODS AND NUTRITION	CLOTHING AND TEXTILES	HOUSING AND HOME MANAGEMENT	PERSONAL AND FAMILY RELATIONSHIPS	CHILD DEVELOPMENT AND PARENTING	CONSUMER EDUCATION RESOURCE MNGT.	TEXT	RESOURCE
Modern Marriage	Bowman & Spaner	McGraw-Hill					X			X	
The No-Nonsense Guide to Good Nutrition		Butterick		X							X
Nutritive Value of American Foods	Agriculture Handbook #456	USDA		X							X
Person to Person	Sasse	Chas. A. Bennett					X			X	
Personal Perspectives	Paolucci et al	McGraw-Hill					X			X	
Preparing for a Home Economics Career	Jacoby	McGraw-Hill	X							X	
Quick and Easy Guide to Sewing Techniques		Butterick			X						X
Ready, Set, Sew		Butterick			X						X
See How They Grow	Draper et al	Butterick						X		X	
Sewing Machine Handbook	Courtney	Butterick			X						X
Simplicity Sewing Book		Simplicity Pattern Company			X						X
So - You Are Ready to Cook	Duffie	Burgess		X						X	
Steps in Clothing Skills	Draper & Bailey	Chas. A. Bennett			X					X	

TITLE	AUTHOR	PUBLISHER	GENERAL	FOODS AND NUTRITION	CLOTHING AND TEXTILES	HOUSING AND HOME MANAGEMENT	PERSONAL AND FAMILY RELATIONSHIPS	CHILD DEVELOPMENT AND PARENTING	CONSUMER EDUCATION RESOURCE MNGT.	TEXT	RESOURCE
Survival - A Guide to Living on Your Own	Kelly/Chamberlain	McGraw-Hill	X							X	
Teen Guide to Homemaking	Brinkley et al	McGraw-Hill	X							X	
Textile Handbook		American Home Economics Assoc.			X						X
Thresholds to Adult Living	Craig	Chas. A. Bennett					X			X	
Today's Teen	Kelly & Landers	Chas. A. Bennett	X							X	
The World of Food	Medved	Ginn & Company		X						X	
Your Marriage and Family Living	Landis	McGraw-Hill					X			X	

			GENERAL	FOODS AND NUTRITION	CLOTHING AND TEXTILES	HOUSING AND HOME MANAGEMENT	PERSONAL AND FAMILY RELATIONSHIPS	CHILD DEVELOPMENT AND PARENTING	CONSUMER EDUCATION RESOURCE MNGT.	TEXT	RESOURCE

ADDRESSES

The Advertising Council, Inc.
825 Third Avenue
New York, NY 10022

Adult Literacy Lab
Anchorage Community College
2533 Providence Avenue
Anchorage, AK 99504

Agency for Instructional Television
Box A
Bloomington, IN 47402

AIMS Instructional Media Inc.
626 Justin Avenue
Glendale, CA 91201

Alaska Area Native Health Service
Health Education Section
Attn: Brenda Rogers
Box 7-741
Anchorage, AK 99510

Alaska Dept. of Education
Divn. of Career and Vocational Education
Pouch F
Juneau, AK 99811

Alaska Dept. of Health and Social Services
Pouch H-06H
Juneau, AK 99811
or
Mackay Bldg. #222
338 Denali
Anchorage, AK 99501

Alaska Northwest Publishing
Box 4-EEE
Dept. MP9
Anchorage, AK 99509

Alaska State Film Library
650 W. Int'l Airport Rd.
Anchorage, AK 99502
or
Pouch G
Juneau, AK 99811

Altra Sewing Kits
Altra Inc.
5541 Central Avenue
Boulder, CO 80301

American Council of Life Ins.
Education & Community Servs.
1850 K Street, NW
Washington, DC 20006

American Dietetic Assoc.
430 N. Michigan Avenue
Chicago, IL 60611

American Egg Board
Educational Services
1460 Renaissance Drive
Park Ridge, IL 60068

American Handicrafts
Dept. FCD 2808 Shamrock
Ft. Worth, TX 76107

American Home Economics Association
2010 Massachusetts Ave. NW
Washington, DC 20036

American Thread Co.
Consumer Education
High Ridge Park
Stamford, CT 06905

American Wool Council
Wool Education Center
Dept. WE-179
200 Clayton Street
Denver, CO 80206

American Yarn Spinners
Association
P.O. Box 99
601 W. Franklin Ave.
Gastonia, NC 28052

Annie's Attic
Rte. 2, Box 212-B
Big Sandy, TX 75755

Association Films
Attn: Jack Lusk
866 Third Avenue
New York, NY 10022

Audio Visual Narrative Arts
Box 9
Pleasantville, NY 10570

Aviso Films
P.O. Box 5
Compton, CA 90223

AVNA
Box 9
Pleasantville, NY 10570

Avon Consumer Education
Svces.
Avon Products, Inc.
9 West 57th Street
New York, NY 10019

Ball Corporation
Dept. PK-6A
345 S. High Street
Box 2005
Muncie, IN 47302

Belding Lily Company
P.O. Box 88
Shelby, NC 28150

Bennett Books
809 W. Detweiller Dr.
Dept. 150
Peoria, IL 61615

Best Foods
Consumer Service Dept.
Englewood Cliffs, NJ 07632

Better Homes & Gardens
1716 Locust Street
Des Moines, IA 50336

The Bordon Company
Consumer Services
50 West Broad Street
Columbus, OH 43215

Botsford Ketchum, Inc.
Public Relations
55 Union Street
San Francisco, CA 94111

Boye Needle Co.
Education Department
916 S. Arcade
Freeport, IL 61032

Bristol-Myers Products
Consumer Services
345 Park Avenue
New York, NY 10022

Burgess Publishing Co.
7108 Ohms Lane
Minneapolis, MN 55434

Butterick Fashion Marketing Co.
Educational Department
161 6th Avenue
New York, NY 10013

Butterick Publishing
708 Third Avenue
New York, NY 10017

Calico Kits
Dept. F18
1275 Sherman Drive
Longmont, CO 80501

California Almond Growers
Exchange
P.O. Box 42577
Dept. FHE
San Francisco, CA 94142

California Apricots
1295 Boulevard Way
Suite H
Walnut Creek, CA 94595

California Artichoke
Advisory Board
P.O. Box 747
Castroville, CA 95012

The California Avocado
P.O. Box 19159
Irvine, CA 92714

California Olive Industry
516 North Fulton
Fresno, CA 93428

California Raisin Advisory
Board
P.O. Box 5335
Fresno, CA 93755

Campbell Soup Company
Home Economics Education
Campbell Place
Camden, NJ 08101

Canned Salmon Institute
3100 South 176th
Seattle, WA 98188

Career Aids, Inc.
8950 Lurline Ave.
Dept. V14
Chatsworth, CA 91311

Career/Vocational
Education Curriculum
Library
SERRC
538 Willoughby Ave.
Juneau, AK 99801

Carnation Co.
5045 Wilshire Blvd.
Los Angeles, CA 90036

Castle and Cooke
Education Dept.
P.O. Box 5130
San Jose, CA 95150

Celanese Fibers Marketing Co.
522 Fifth Avenue
New York, NY 10036

Center for Science in the
Public Interest
1755 S Street, NW
Washington, DC 20009

Centron Films
Nancy Reynolds, Regional
Manager
4625 Manzanita Street
Eugene, OR 97405

Cereal Institute, Inc.
1111 Plaza Drive
Schaumburg, IL 60195

Changing Times
Educations Service
1729 H Street, NW
Washington, DC 20006

Channing L. Bete Co., Inc.
200 State Road
South Deerfield, MA 01373

Checkerboard Kitchens
Consumer Svcs/Public
Relations
Ralston Purina Company
Checkerboard Square
Department 209
St. Louis, MO 63188

Chiquita Brands, Inc.
127 Avenue of the Americas
New York, NY 10020

Cling Peach Advisory Bd.
Education Department
One California Street
San Francisco, CA 94111

Clorox Company
Consumer Services
P.O. Box 24305
Oakland, CA 94623

Coalition for Children and
Youth
815 15th Street, NW
Washington, DC 20006

Coats and Clark, Inc.
Consumer and Educational
Affairs Mail Dept.
P.O. Box 1010
Toccoa, GA 30577

Con Edison Company
4 Irving Place
New York, NY 10003

Consumer Credit Project, Inc.
Department F
261 Kimberly
Barrington, IL 60010

Consumer Information Center
Pueblo, CO 81009

Consumer Protection Section
Office of Attorney General
Juneau, AK 99801

Consumer Reports
Education Department
Orangeburg, NY 10962

Consumer Research, Inc.
Washington, NJ 07882

Consumers Union
Education Division
256 Washington St.
Mt. Vernon, NY 10550

Cooperative Extension
Service-Statewide
University of Alaska
Fairbanks, AK 99701

Corning Glass Works
Consumer Info. Dept. E-1
400 Creekside Drive
Tonawanda, NY 14150

Council on Family Health
633 Third Avenue
New York, NY 10017

Creative Educational Resource
Association, Inc.
P.O. Box 7107
Fredericksburg, VA 22401

Curriculum Innovations, Inc.
501 Lake Forest Avenue
Highwood, IL 60040

Curriculum Resources, Inc.
P.O. Box 923
2 Post Road
Fairfield, CT 06430

Dan River Mills
111 W. 40th Street
New York, NY 10018

Delmar Publishers
Marketing Services
50 Wolf Road
Albany, NY 12205

Delmarva Poultry Industry
Department FC
RD 2, P.O. Box 47
Georgetown, DE 19947

Del Monte Teaching Aids
P.O. Box 9075
Clinton, IA 52732

Dept. of Indian Affairs &
Northern Development
Guidance Services Divn.
Education Branch
Ottawa, Ontario, Canada

Dow Chemical Company
P.O. Box 68511
Indianapolis, IN 46268

Du Pont
Room 35811
Wilmington, DE 19898

Easter Seal Society for
Alaska Crippled Children
and Adults
P.O. Box 2432
Anchorage, AK 99501

Education Development Center
55 Chapel Street
Newton, MA 02160

Educational Enrichment
Materials
357 Adams Street
Bedford Hills, NY 10507

Educational Teaching Aids
159 W. Kenzie Street
Chicago, IL 60610

Ekco Products Company
1949 North Cicero Avenue
Chicago, IL 60600

Encore Visual Education, Inc.
Customer Services Divn.
1235 South Victory Blvd.
Burbank, CA 91502

Evaporated Milk Assoc.
910 17th Street, NW
Washington, DC 20006

Excalibur Products
Alternative Living
Education Program
6083 Power Inn Road
Sacramento, CA 95824

FDA
5600 Fishers Lane
Rockville, MD 20857

Federal Reserve
Consumer Specialist
250 Marquette Ave.
Minneapolis, MN 55480

Federal Trade Commission
915 Second Avenue
Seattle, WA 98174

Films, Inc.
733 Greebay Road
Wilmette, IL 60091

Films for Human Development
and Home Economics
The Pennsylvania State
University
Audio-Visual Services
7 Willard Building
University Park, PA 16802

Fleishmanns Yeast
Box 509 -or- 625 Madison Ave.
Madison Square
New York, NY 10010

Follett Pub. Co.
1010 W. Washington Blvd.
Chicago, IL 60607

FORECAST for Home Economics
Scholastic Magazines
50 W. 44th
New York, NY 10036

Franklin Clay Films
P.O. Box H-2303
Costa Mesa, CA 92626

Frostline Kits
Frostline Circle
Dept. FM 2550
Denver, CO 80241

General Electric
Houseware & Audio Business
Division
1285 Boston Avenue
Bridgeport, CT 06602

General Foods Corp.
General Foods Kitchen
250 N Street
White Plains, NY 10625

General Mills, Inc.
Box 1113
Minneapolis, MN 55440

Gerber Products Co.
445 State Street
Fremont, MI 49412

Gillum
Home Arts Aids
1574 Linda Way
Sparks, NV 89431

Ginn & Co.
P.O. Box 2649
Columbus, OH 43216

Ginn & Company
Home Office
191 Spring Street
Lexington, MA 02173

Goodheart-Wilcox Co., Inc.
Dept. F-980
123 W. Taft Drive
South Holland, IL 60473

Good Housekeeping
959 Eighth Avenue
New York, NY 10019

Green Giant Co.
Education Dept.
Chaska, MN 55318

Gregg/McGraw Hill
8171 Redwood Highway
Novato, CA 94947

Growers Peanut Food Promotions
Box 1709
Rocky Mountain, NC 27801

Guidance Associates
Communications Park
Box 3000
Mt. Kisco, NY 10549

Guidance Associates
757 Third Avenue
New York, NY 10017

Haan Crafts
185 S. Main
Otterbean, IN 47970

Hamilton Beach
Home Economics Dept.
Division of Scovill, Inc.
P.O. Box 2027
Washington, NC 27889

Heinz Co.
1062 Progress Street
Pittsburgh, PA 15230

Holt, Rinehart & Winston
Attn: James M. Ryder
521 Fifth Avenue
New York, NY 10175

Holubar
Outdoor Equipment Kits
Educational Services
P.O. Box 7
Boulder, CO 80302

Home Economics
School Service
10,000 Culver Blvd.
Dept. 80-A
P.O. Box 802
Culver City, CA 90230

Home Makers Supply Co.
P.O. Box 3468
2300 NE Broadway
Portland, OR 97208

Hunt-Wesson Foods, Inc.
Educational Services
P.O. Box 4450
Fullerton, CA 92634

Houghton Mifflin Co.
1 Beacon Street
Boston, MA 02107

Houghton-Mifflin Co.
Education Dept.
110 Tremont Street
Boston, MA 02107

Ideals Publishing Corp.
11315 Watertown Plank Rd.
Milwaukee, WI 53201

Institute of Life Ins.
277 Park Avenue
New York, NY 10017

Internal Revenue Service
Attn: Judy Earl
P.O. Box 1500
Anchorage, AK 99510

International Childbirth
Education Assoc.
P.O. Box 70258
Seattle, WA 98107

International Film Bureau
332 S. Michigan Ave.
Chicago, IL 60604

Interpretive Education
Dept. 13B
2306 Winters Drive
Kalamazoo, MI 49002

Janus Book Publishers
2501 Industrial Parkway West
Hayward, CA 94545

Johnson & Johnson Baby
Products
P.O. Box 14313
Dayton, OH 45414

Johnson Wax
Consumer Services Center
Personal Care Division
1525 Howe Street
Racine, WI 53403

Journal Films, Inc.
930 Pitner Avenue
Evanston, IL 60202

Kellog's Program Nutrition
Unit
P.O. Box 9113
St. Paul, MN 55191

Kenyon Educational Program
Kenyon, RI 02836

Kerr Canning Co.
P.O. Box 97
Sand Springs, OK 74063

Kirsch Co.
Dept. P-1078
Sturgis, MI 49091

Kraft, Inc.
Educational Dept. A
P.O. Box 801
South Holland, IL 60473

Lakeshore
Curriculum Materials Co.
2695 E. Dominguez St.
P.O. Box 6261
Carson, CA 90749

Lamaze Childbirth Education
Association
5531 Arctic Suite 4
Anchorage, AK 99502

Libby, McNeill and Libby
Education Dept.
200 S. Michigan Avenue
Chicago, IL 60604

The Lipton Kitchens
800 Sylvan Avenue
Englewood Cliffs, NJ 07632

Litton
Educational Dept.
400 Sheland Plaza South
Minneapolis, MN 55426

Man-Made Fiber Producers
Association, Inc.
1150 Seventeenth St., NW
Washington, DC 20036

Maytag Co.
Newton, IA 50208

Maxant Button and Supply Co.
Education Department
117 S. Morgan St.
Chicago, IL 60607

March of Dimes
Regional Office
Attn: Gertrude Lievie
519 W. 8th, Room 210
Anchorage, AK 99502

McCall Pattern Company
Educational Services
P.O. Box 9119
Manhattan, KS 66502

McCormick & Company, Inc.
414 Light Street
Baltimore, MD 21202

McGraw Hill/Webster Div.
8171 Redwood Highway
Novato, CA 94947

McIlhenny Co.
Dept. HH
Avery Island, LA 70513

McKnight Publishing Co.
P.O. Box 2854
Bloomington, IL 61701

Mead Johnson and Company
Consumer Services
Evansville, IN 47721

Media Mark, Inc.
Attn: Stan Raiff
72 W. 45th Street
New York, NY 10036

Metropolitan Life Ins. Co.
One Madison Ave.
New York, NY 10010

Milliken Pub. Co.
1100 Research Blvd.
St. Louis, MO 63132

MIRRO Corporation
P.O. Box 409
Manitowoc, WI 54220

Modern Taling Picture Service
5000 Park Street North
St. Petersburg, FL 33709

Money Management Institute
Household Finance Corp.
2700 Sanders Road
Prospect Heights, IL 60070

Monsanto Textiles Co.
Education Dept.
1115 Ave. of the Americas
New York, NY 10036

Morton Salt Company
Division of Morton-Norwich Products
P.O. Box 373
Kankakee, IL 60901

Nasco West
1524 Princeton Avenue
Modesto, CA 95352

National Assoc. for the Education of Young Children
1834 Connecticut Ave., NW
Washington, DC 20009

National Center for Research in Vocational Education
The Ohio State University
1960 Kenny Road
Columbus, OH 43210

National Council on Family Relations
1219 University Ave., SW
Minneapolis, MN 55414

National Educational Media, Inc.
15250 Ventura Blvd.
Sherman Oaks, CA 91403

National Foundation for Consumer Credit
1819 H Street, NW
Washington, DC 20006

The National Foundation of the March of Dimes
P.O. Box 2000
White Plains, NY 10602

National Genetics Foundation
Nine West 57th Street
New York, NY 10019

National Live Stock and Meat Board
Education Dept.
Box F
444 N. Michigan Ave.
Chicago, IL 60611

National Nutrition Consortium
1635 P Street, N.W., Suite 1
Washington, DC 20036

National Pork Producers
Council
4715 Grand Avenue
Des Moines, Iowa 50312

National Presto Industries,
Inc.
3925 North Hastings Way
Eau Claire, WI 54701

National Restaurant Assoc.
Educational Materials Center
Suite 2600, One IBM Plaza
Chicago, IL 60611

The Nestle Company
Home Economics Dept.
100 Bloomingdale Rd.
White Plains, NY 10016

Northwest Egg Producers
Cooperative Assoc.
Attn: Susan Stettler
Regional Coordinator
2617 12th Ct. SW
P.O. Box 1038
Olympia, WA 98507

Notions Inc. Northwest
1202 NW Irving Street
Portland, OR 97209

Nutrition Foundation
Office of Education and
Public Affairs
888 17th St., NW
Washington, DC 20006

Oster
Home Economics Dept.
5055 N. Lydell Avenue
Milwaukee, WI 53217

Pampers Professional Services
Division
Proctor and Gamble
P.O. Box 171
Cincinnati, OH 45201

Panasonic
Home Appliances Dept.
One Panasonic Way
Secaucus, NJ 07094

Parent's Magazine
Box 1000
Elmsford, NY 10523

JC Penney
1301 Ave. of the Americas
New York, NY 10019
-or-
406 Fifth Avenue
Anchorage, AK 99501
-or-
610 Cushman
Fairbanks, AK 99701

Pet, Inc.
Educational Services
P.O. Box 392
St. Louis, MO 63166

Phoenix Films
470 Park Avenue South
New York NY 10016

Pictures, Inc.
Society for Visual Educ., Inc.
811 8th Avenue
Anchorage, AK 99501

Pillsbury Co.
P.O. Box 90
Dept. 521
Minneapolis, MN 55460

The Polished Apple
3742 Seahorn Drive
Malibu, CA 90265

The Potato Board
1385 South Colorado Blvd.
Suite 512
Denver, CO 80222

Prentice-Hall, Inc.
Englewood Cliffs, NJ 07632

Proctor and Gamble
Educational Services
P.O. Box 14009
Cincinnati, OH 45214

Produce Marketing Assoc.
700 Barksdale Rd., Suite 6
Newark, DE 19711

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

Public Health Service
Health Services Administration
Bureau of Community Health Services
5600 Fishers Lane
Rockville, MD 20851

Publication Services
Divn. of Support Services
Board of Governors of the Federal Reserve System
Washington, DC 20551

Purex Corporation
Consumer Service
5101 Clark Avenue
Lakewood, CA 90712

Quaker Oats Company
Consumer Services Dept.
Merchandise Mart
Chicago, IL 60654

Revere Copper and Brass
Revere Ware Division
P.O. Box 250
Clinton, IL 61727

Reynolds Wrap and Microwave Cooking
Reynolds Wrap Kitchens
Reynolds Metals Co.
Richomond, VA 23261

Rit Consumer Service Lab.
Special Products Unit
Best Foods Division
1437 W. Morris Street
Indiannapolis, IN 46206

Rival Manufacturing Co.
36th and Bennington
Kansas City, MO 64129

Riviana Foods Inc.
P.O. Box 2636
Houston, TX 77001

Roman Meal Co.
Dept. N-1
2101 S. Tacoma Way
Tacoma, WA 98409
-or-
ITT Continental Baking
2248 Spenard Road
Anchorage, AK 99509

Rubbermaid, Inc.
Home Service Center
Wooster, OH 44691

Rural CAP
Attn: Russ Christenson
P.O. Box 3-3908
Anchorage, AK 99501

Sea Breeze Laboratories, Inc.
Dept. Y-3
P.O. Box 15598
Pittsburgh, PA 15244

Salton, Inc.
1260 Zerega Ave
Bronx, NY 10462

Scovill Inc.
Sewing Notions Division
P.O. Box 5028
Spartanbury, SC 29304

Sears, Roebuck & Co.
D/703
Consumer Information Services
Sears Tower
Chicago, IL 60684

Sewing Know-Why
Education Department
1414 Trillium Court
Indianapolis, IN 46219

Sharp Electronics Corp.
1047 Carson Blvd.
Torrance, CA 90502

Simplicity Pattern Co.
Educational Services
200 Madison Avenue
New York, NY 10016

Singer Education Dept.
The Singer Co.
321 First Street
Elizabeth, NJ 07207

South-Western Publishing Co.
Attn: Mr. Dennis Kokoruda
855 California Avenue
Palo Alto, CA 94304

Sperry & Hutchison Co.
330 Madison Avenue
New York, NY 10017

Stacy Fabrics Corporation
Education Department
469 7th Avenue
New York, NY 10018

Stanwood Products
56 Harvester Ave.
Batavia, NY 14020

Stokely-Van Camp, Inc.
P.O. Box 1113 FC
Indianapolis, IN 46206

Sunbeam Appliance Co.
2001 South York Road
Oak Brook, IL 60521

Sunkist Growers, Inc.
Consumer Services - 9509
P.O. Box 7888
Van Nuys, CA 91409

Supt. of Documents
U.S. Government Printing Office
Washington, D.C. 20402

Sutherland-Voght
239 Cardinal Rd., Rte. 1
Bishop, CA 93514

Talon Education Dept.
41 E. 51st Street
New York, NY 10022

Tappan
Tappan Park
250 Wayne Street
Mansfield, OH 44901

Texize Chemicals Co.
Divr. of Morton-Norwich
P.O. Box 368
Greenville, SC 29602

Charles C. Thomas Publishing Co.
301-327 E. Lawrence Ave.
Springfield, IL 62217

To-Sew
P.O. Box 974
Malibu, CA 90265

Tupperware
Educational Services
Dept. FHE80
P.O. Box 2353
Orlando, FL 32802

USDA
Office of Information
Washington, DC 20250

USDA Consumer Marketing Service
536 S. Clark Street
Chicago, IL 60605

USDA Food and Nutrition Services
Washington, DC 20250

Underwriter's Lab
333 Pfingsten Road
Northbrook, IL 60062

United Graphic, Inc.
Education Department
P.O. Box 24287
1401 Broadway
Seattle, WA 98122

Universal Foods Corporation
Education Department
433 E. Michigan
Milwaukee, WI 53201

Vitamin Information Bureau, Inc.
664 N. Michigan Avenue
Chicago, IL 60611

Vocational Films
111 Euclid Avenue
Park Ridge, IL 60068

Walt Disney Educational Media Co.
500 S. Buena Vista Street
Burbank, CA 91521

Washington State Dairy Council
3830 Stone Way North
Seattle, WA 98103

Wear-Ever
Cutco Cutlery
1116 E. State St.
Olean, NY 14760

The West Bend Co.
West Bend, WI 53095

West Glenn Films
565 Fifth Avenue
New York, NY 10017

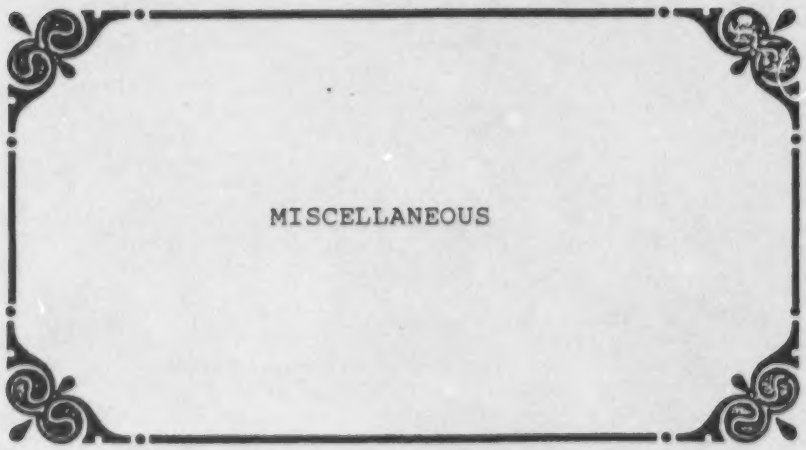
Westinghouse Learning Corp.
Instructional Materials Dept.
5005 W. 110th Street
Oak Lawn, IL 60453

White Sewing Machine
11750 Berea Rd.
Cleveland, OH 44111

John Wiley & Sons
605 Third Avenue
New York, NY 10016

William E. Wright Co.
One Penn Plaza
New York, NY 10001

251


MISCELLANEOUS

RURAL STUDENT VOCATIONAL PROGRAM

PURPOSE

The Rural Student Vocational Program (RSVP) provides work and other experiences for those school students living in communities where work training stations are minimal. The work experience provided is related to each student's career objective.

OBJECTIVES

1. Provide needed contacts with potential employers.
2. Assist in exploring the world of work in making job choices.
3. Supplement job experiences with related technical information.
4. Develop economic competency for self-supporting citizenship.
5. Apply education achievements to job labor demands.
6. Utilize business and industry for specialized training.
7. Supply employers with future manpower needs.

DESCRIPTION OF PROGRAM

Students from the outlying schools of Alaska travel to Anchorage, Fairbanks and Juneau to work in governmental agencies and private businesses as a way of providing additional vocational training beyond the regular school program. The students participate in a two-week work experience of full-time employment within the various cooperating agencies and businesses.

The students work in all areas of vocational education - Business, Agriculture, Distributive Education, Occupational Home Economics, Health and Trades and Industry. Each participant receives a stipend of $100 for the two-week session. In addition, round trip transportation to Anchorage, Fairbanks or Juneau and his/her room and board will be furnished. Fifty-dollars of the stipend is advanced the students upon their arrival. This provides them with a small amount of spending money while in town. The remainder of the stipend is forwarded to the student after completing the work experience.

While in Anchorage, Fairbanks or Juneau, students stay with either housing families recruited by the RSVP coordinator or with friends and relatives. Room and board is paid all housing parents requesting it ($12/day).

For more information on the RSVP program and how you can involve your students contact: RSVP Program Manager, Career and Vocational Education, Department of Education, Pouch F, Juneau, AK 99811, 465-2980.

The following are some possible occupations related to Home Economics . There are many more possibilities but this list is a good starting point.

CLOTHING/TEXTILES

alterationist
costumer
designer - fabric/fashion
dressmaker
dry cleaner
fashion merchandiser
laundry supervisor
model
salesperson - fabric/clothes
sewing instructor
weaving instructor
wedding consultant

HOUSING/HOME MANAGEMENT

carpenter
custodian
decorator assistant
florist
housekeeper
maid
painter
salesperson - appliances/furniture/floor & wall coverings
window display designer

FOODS/NUTRITION

butcher
cannery worker
caterer
commercial baker
dietician
food photographer
food server
maitre d'
newspaper food editor
school food service director
short order cook
vending machine service person

HUMAN SERVICES (Consumer Ed, Child Dev., Personal & Family Relations)

child psychologist
consumer specialist
counselor - school/camp/etc.
day care worker
illustrator of children's books
juvenile court judge
money management consultant
pediatrician
probation officer
recreational therapist
social worker
teacher

AND OF COURSE - HOME ECONOMISTS WORK IN ALL AREAS AND THEN SOME!!

ALASKA KNOWLEDGE BASE

The Alaska Knowledge Base is a collection of computerized information data bases. SPAN has made them possible. Linkers have been trained to work with teacher and computers to put questions and answers together. They have the skills to connect with the right data base to answer your questions. They get back for you a printout of information; you make the decision and you make the contacts.

The kinds of information to be found in the Alaska Knowledge Base include:

Commerical Resources: descriptions of sellers of books, school materials and supplies, school services to Alaska school districts

Alaska Developed Instructional Materials: abstracts and microfiche of the contents of curriculum guides, UNIPACS, handbooks, learning experiences, and teaching models created and tested by Alaskan educators

Service Agencies: centers, colleges, special projects, materials collections, agencies, and divisions and programs of the Alaska Department of Education

Promising Practices: exemplary curriculum programs in Alaska which have been validated and publicized: core, moth, reading and language arts

Nationally Validated Programs: exemplary curriculum programs in the U.S. which have met rigorous criteria testing their value to other schools

Alaska Talent Bank: those educational specialists in curriculum, instruction or community processes who are on call to answer questions from the schools

HOW CAN ONE ACCESS THIS INFORMATION?

Each school district has an individual called a "linker" who is assigned to use the computer to search for available resources related to teacher requests. Most linkers are in other roles - library media specialists, school secretaries, resource teachers or curriculum specialists - within each school district.

WHAT WILL A COMPUTER SEARCH LOOK LIKE?

It will be a long computer printout of abstracts, profiles or descriptions. From these resources, the teacher will be able to contact people or projects for more complete answers to her/his questions. The teacher will also be able to order Alaska Developed Materials on microfiche.

WHAT ELSE CAN BE OBTAINED THROUGH THE LINKER?

Searches for additional resources can be conducted, i.e. resources available through the State Library or the San Mateo Educational Resource Center (SMERC). The linker will go through the Regional Resource Center or Alaska Department of Education Office in Juneau to help the teacher find articles, curriculum guides on microfiche, or ERIC documents pertinent to individual needs.

WHO PROVIDES THESE SERVICES TO ALASKA?

The Alaska Knowledge Base is a part of the Systematic Planning Around Needs (SPAN) effort by the Department of Education to make resources available to Alaska's unique school situations. SPAN is aimed at increasing each district's capability for identifying its most important needs and finding ways to meet them. A comprehensive list of instate resources has been compiled, described and computerized for retrieval by linkers. For more information on this project contact: Alaska Knowledge Base/SPAN Manager, Department of Education, Pouch F, Juneau, AK 99811, 465-2814.

ANSWERS CAN BE FOUND HERE !

VOCATIONAL EDUCATION

CURRICULUM RESOURCE CENTER

The State of Alaska - Department of Career and Vocational Education, in cooperation with the Southeast Regional Resource Center (SERRC), has prepared a collection of curriculum resource materials. These materials cover a wide range of topics that include all areas of vocational education. They have a particularly extensive selection of materials in the Home Economics area. These materials are housed in the library at SERRC and are available to Alaskan educators either as materials to be used in program development or ones that can be directly and immediately applied in the classroom.

Materials can be ordered through the Electronic Mail System(EMS), the U.S. mail- SERRC, 538 Willoughby, Juneau, Alaska 99801 or the telephone - 586-6806, 586-5807, 586-6808. Most materials can be checked out for 12 weeks and extensions may be made if there are no previous commitments for the materials. The SERRC will pay postage to the agencies/educators and they in turn will pay the return postage. Catalogs listing all available materials have been distributed to those public agencies responsible for career and vocational education curriculum development. In addition, copies of the catalog are also available at each regional resource center.

A sampling of Home Ec related materials follows:

HE 15101 Child Care and Guidance and Services - resource guide
HE 15112 Instructional Media for Home Economics, Health and Family Life
HE 15121 Resource Materials for Consumer Education - 1974
HE 15142 Nutrition Education Materials - 1978
HE 15204 Foods and Nutrition - curriculum guide
HE 15249 Your Sewing Machine - Know What, Know Why, Know How
HE 15265 Classroom Cooking
HE 15272 Look and Cook multi-media series from Butterick
HE 15283 Individualized Learning Systems - Home Ec
HE 15289 So - You Are Ready to Cook - student text
HE 15292 Personal, Family and Community Relationships - curriculum guide
HE 152129 Handbook of Discovery Activities for Consumer and Homemaking
HE 152144 Responsibilities - Male/Female in Home Food & Nutrition
HE 152152 A Learning Module - Using the Viking Sewing Machine
HE 152153 A Learning Module - Cooking
HE 15315 Consumer Credit
HE 15320 Banking
HE 15338 Be Sharp - Don't Be Cheated - Consumer Education Series Book 5
HR 1604 Thresholds to Adult Living - student text
HR 1615 Education for Sexuality - Concepts and Programs for Teaching
HR 1622 Education for Parenthood - Program, Curriculum and Evaluation Guide